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Insider secrets from *The Biggest Loser*'s Alison Sweeney ➤

The 30 best things you can do for your kids

By Katie Couric, Dr. Oz, Michelle Obama & more

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Your simple, no-pain plan, p. 155

Mini makeovers for your kitchen

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So close to cheating

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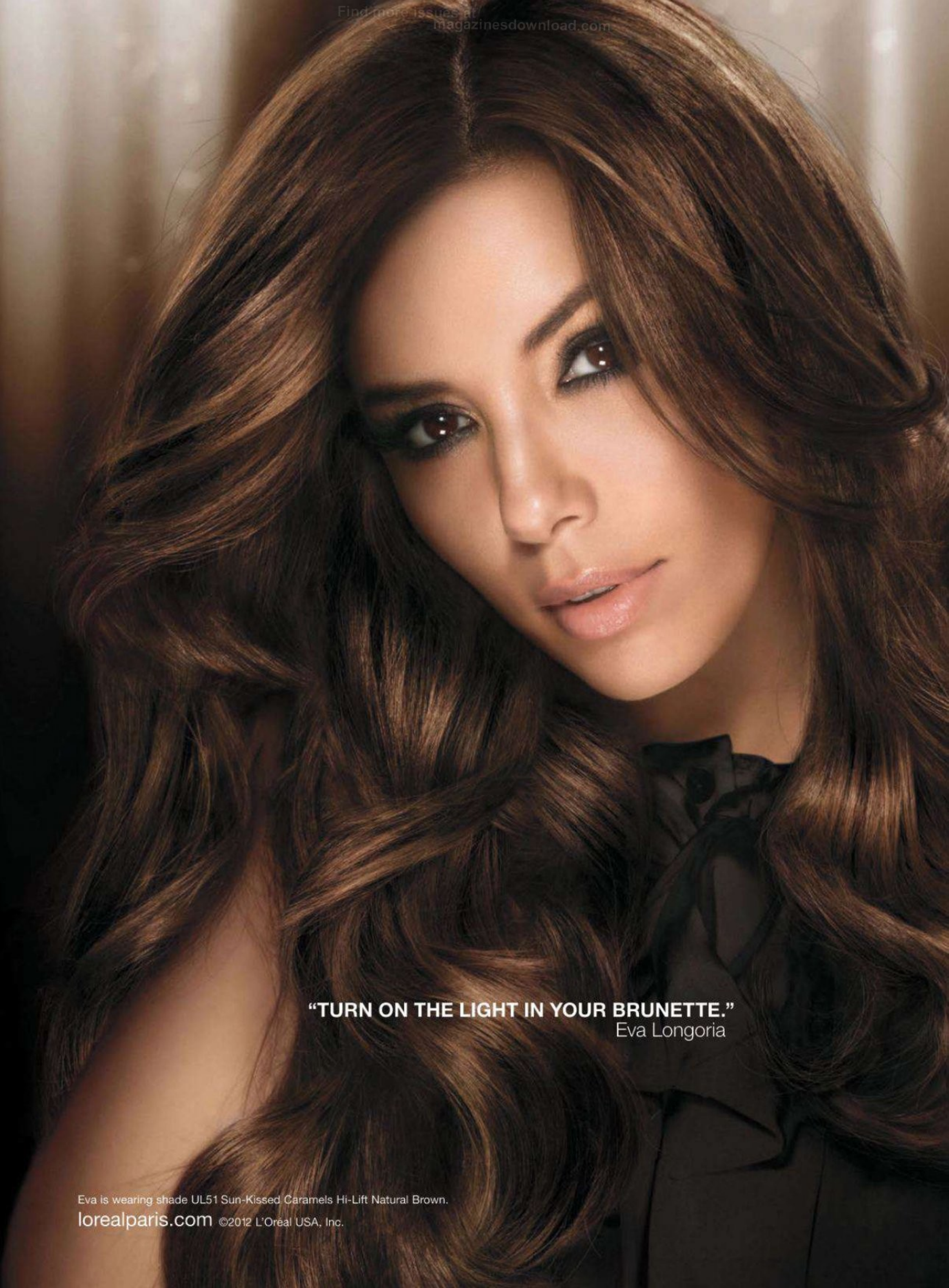

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PHOTOGRAPHED BY MATT JONES. DRESS: ROLAND MOURET. EARRINGS: ROSEARK LA. CUFF, RING, LINK BRACELET: DAVID YURMAN.

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THE COVER LOOK—FOR LESS

Earrings, Sorrelli, $53; sorrelli.com. Ring, Skinny by Jessica Elliot, $45; skinnystyle.com. Tank, Michael Michael Kors, $80; select Michael Kors. Jeans, Red Rivet, $16; walmart.com.

Alison Sweeney photographed exclusively for REDBOOK by Matt Jones. Hair: Paul Norton at TraceyMattingly.com. Makeup: Corina Duran for Exclusive Artists/Dior. Manicure: Debbie Leavitt for Cloutier Remix using Dior Vernis. Stylist: Nicolas Bru for MargaretMaldonado.com. Top: L'Agence. Jeans: J Brand. Jewelry: Ippolita. Get Alison's cover look with High Impact Mascara in Black, Blushing Powder Blush in Sunset Glow, and Superbalm Moisturizing Gloss in Mango by Clinique; and Awapuhi Wild Ginger Texturizing Sea Spray by Paul Mitchell.

TOP: MATTHEW HRANEK. GET THE LOOK: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: MARY ELLEN MUNGUIA AT MARK EDWARD INC.

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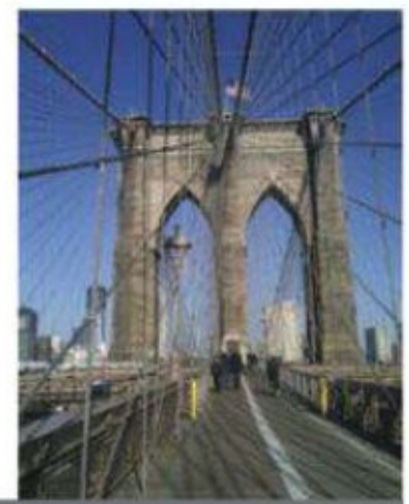
Exercise: When does *that* happen?

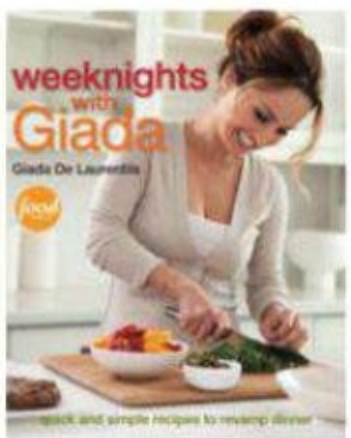
I often see women in my neighborhood in cute workout gear, ponytails swinging, yoga mats tucked into chic yoga-mat totes. Off they go to exercise, after which they will continue with their days, energized and glowing. I want to kill those women.

Here's how I cram fitness into *my* life: I wake up at an ungodly hour, drive to my friend's house, run with her for 40 minutes, then drive home—all before it is fully light out. I carry an unnecessarily heavy purse: Hey, it's an arm workout! I bring my kids to school on the bus, drop them off, walk across the Brooklyn Bridge, and then take two subways to get to my office. I don't do these things because I am a health nut or possess Navy SEAL–level discipline, but because I would never squeeze in the minimum amount of exercise needed to keep me healthy otherwise.



MY VIEW FROM THE BRIDGE What I see on my morning walk.

Sometimes, when I arrive at work wind-whipped and red-nosed after walking the bridge, I feel like an insane person. But I comfort myself by comparing notes with friends. One got back into shape after giving birth to twins by running the streets of Miami at 5:30 in the morning. Another has managed to pedal her child to school on the back of her bike while wearing platform sandals and a pencil skirt. And here is my favorite workout confession, from REDBOOK deputy editor Jennie Tung: "I do my beloved exercise class after dropping my kids at school, and then, because the studio has no shower, I race down two flights of stairs to a jujitsu studio in the same building and rinse off in a disgusting makeshift stall—it's basically crafted from two-by-fours and a hose. Afterward, I put on my office clothes and run barefoot across a mat covered with sweaty guys in pj's. They all know me now and just raise their hands in greeting as I zigzag by." Incredible!



I CAN'T WAIT TO MAKE GIADA'S MEATBALLS They're on page 202, along with some more lifesaving dinner ideas from her new cookbook, above.

CAN WE TALK ABOUT INFERTILITY? One in eight women in the United States struggles with it, but most won't tell their friends or even their moms. During National Infertility Awareness Week (April 22–28), check out our video campaign at redbookmag.com/truthabouttrying, featuring Sherri Shepherd, Padma Lakshmi, and other celebs. Then join the conversation in a Facebook chat on April 26 from 1 to 2 p.m. ET.

This issue is full of whatever-it-takes motivation to get *moving*. Turn to page 98 for the exercise strategies that have helped our Wedding Dress Challenge participants lose a collective 216 pounds, and don't miss Alison Sweeney's aha moment: "Consider exercise a treat, not a chore. When I realized that an hour of exercise was my time for me, I began to enjoy it and get so much more out of it."

Give yourself that treat, and from one slightly sweaty, arguably crazed woman to another, Happy Mother's Day.

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com
@RedbookJill

PARTY, PLEASE! There's nothing more soul-rescuing than a night with your besties, and REDBOOK would love to plan it for you. Go to houseparty.com /redbookhappy and apply to be one of REDBOOK's Happy Hour House Party hosts. We'll provide bags of goodies—all you do is call the girls.

JILL: PHOTOGRAPHED BY MATTHEW HRANEK. HAIR AND MAKEUP: ALBERTO LUENGO. CLOCKWISE FROM TOP RIGHT: COURTESY OF JILL HERZIG, FILMMAGIC/GETTY IMAGES (SHEPHERD), DAVID LEES/GETTY IMAGES, AMY NEUSINGER.

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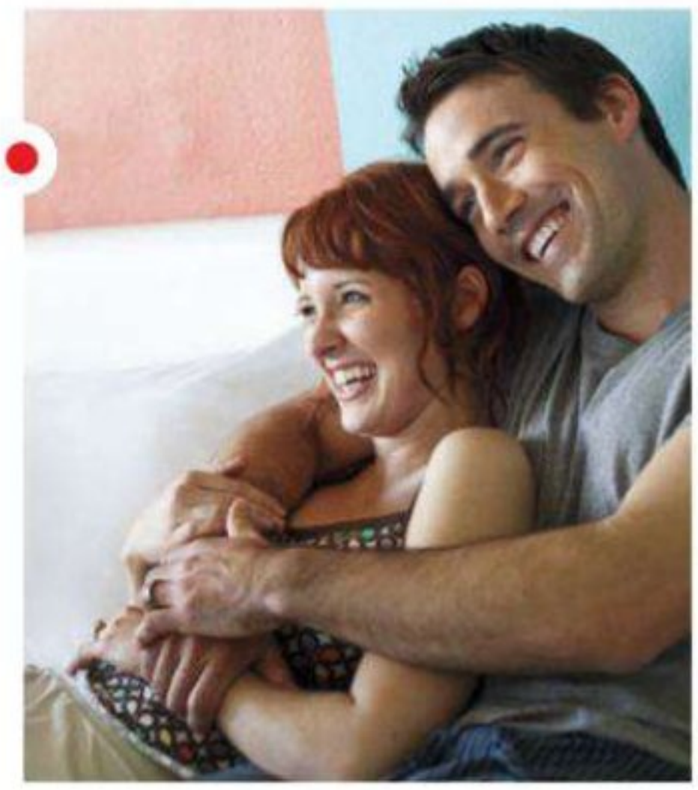
MAY'S CLICK LIST

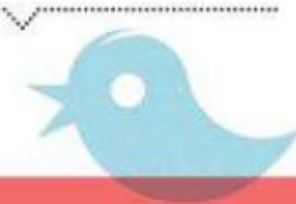
What makes you tick as a couple?

redbookmag.com /couplequiz

Find out in this fun quiz that reveals exactly why your relationship works (and how you can make it better). Plus, ways to break out of a Netflix-and-takeout rut.



Tweet up with us on May 14!



You might remember her from *Sister Sister,* but Tia Mowry is now a mama! She shares the details of her pregnancy in her new book, *Oh, Baby!*, and wants to hear *your* stories too. Join Tia for a tweet-up at 1 p.m. on Monday, May 14, @redbookmag.

Our best desserts ever

redbookmag.com/toptreats

REDBOOK's recipe guru, Barbara Chernetz, picks her top 10 desserts of all time. Caramel pecan sticky buns, mini lemon soufflés, pumpkin bread pudding… we're just getting started.

REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Shawn Waterman, 32, Aurora, CO

Job: Project manager for a building and safety company

Family: Married 9 years; father to Lyric, 7, and Nevaeh, 2

We asked Shawn's wife, Hollie, what she loves about her husband after almost a decade, and she had two words: "His body!" From the looks of it, Shawn hasn't changed much since he and Hollie met at Black Hills State University in South Dakota, where he played football (we could tell *that* by looking at his shoulders). Before they graduated, he proposed by reading a letter to Hollie in front of her family: "I cried, my sister cried, we all cried!" she recalls. Now, they've got their own crew, including their 16-year-old niece, who lives with them. "Shawn plays soccer, dress-up, and gymnastics with the girls—he does it all," says Hollie. "Once I caught him doing cartwheels with our 7-year-old in the living room." Shawn also finds more romantic ways to surprise his wife: "On my 30th birthday, he spelled out 'I love you' with tea lights in our bedroom. It was such a beautiful thing to come home to."

Burn 100 calories the easy way!

redbookmag.com /quickburn

Can't make it to the gym today? Your regular routine might have more weight-loss benefits than you think. Shopping, hair drying—it all counts. Here, 10 easy ways to shape up without even trying.

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Our panel of experts picked this year's Most Valuable Products—makeup, skin care, hair tools, you name it. And every day this month, we're giving them away! Enter for a chance to get yours at redbookmag.com.

DOES YOUR GUY BELONG HERE?

Go to redbookmag.com/hothusbands2013 and enter him in our America's Hottest Husband contest. His sexiness could win you a luxe trip for two! See page 214 for details.

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This month's STAFF CHALLENGE: In honor of Mother's Day, pen a thanks—in haiku form—to yours.

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Somehow you balance
Inner peace and outer fire
And fuse them with love
—JENNIE

All the good in me
I can trace straight back to you,
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She's my go-to sage
—HANNAH

I still call my mom
When I'm sad, or need kind words—
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—CAITLIN

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Of a storybook at night
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—ERIN

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You live in my heart
—MELISSA

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Many things you've taught
Kindness, lipstick, thank-you notes
Mom, I cherish you
—ERIKA

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I know what love means
Now that I am a mom too.
Mom to mom, thank you!
—TINA

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CHELSEA HANDLER TELLS IT LIKE IT IS AND DOESN'T MAKE ANY EXCUSES."

FAMOUS FANS

We always knew Reese Witherspoon had great taste. Here she is, snapping up the March REDBOOK with her pal Chelsea Handler on the cover. We hope she checked out her quote on page 121!

HONEST TO CHELSEA

I don't care what anyone says; Chelsea Handler is my role model ["Chelsea Handler Puts It All Out There," March]. She's beautiful and brilliant. She says it like it is and doesn't make excuses for herself or her actions. Thank you so much for having her on your cover. I am, and forever will be, a fan of hers.
—SAMANTHA BARTMAN, *Holland Township, NJ*

LOVE LESSONS

I'm a new Army wife, and I read "The Talk That Makes Every Relationship Stronger" [March] with tears in my eyes. I think it's important for *any* couple, military or not, to have this kind of conversation—discussing whether you want to be buried or cremated, put on life-support or not, to remarry or stay single—and I just wanted to say thank you for printing this. My husband and I have had similar talks in passing about all of this stuff, and I don't want either of us to be making these decisions while overcome with grief. Kimberly's story is amazing and heartbreaking, and she is in my prayers. —JULIE DELUCA, *Lockport, NY*

This really *is* the talk that every couple should have. I teared up while reading this story, and I think Ms. Vaughn and her husband are *both* heroes. —JESSICA RAE DALE, *via Facebook*

FRIEND FALLOUT

I beg to differ with Karen Karbo ["It's Complicated," March] when she stated that it wasn't "kind" to ➤

WE ASKED, YOU ADMITTED:

DO YOU THINK YOU'RE A BETTER PARENT THAN YOUR MOM?

YES

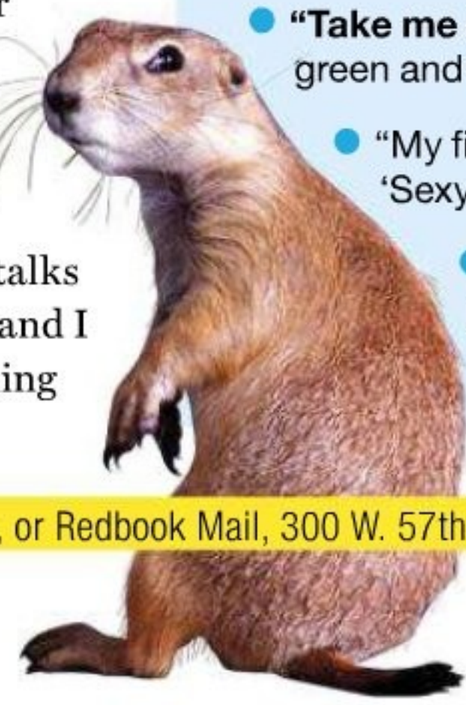
NO

"When I make a parenting decision, I just think of what my mother would have done… and then do the opposite." —NICOLE, VIA FACEBOOK

YOU TOLD US ON FACEBOOK

WHAT **GARBLED** SONG LYRICS HAVE YOUR KIDS BELTED OUT?

- "In 'Love Shack' when they say, 'Hurry up, and bring your jukebox money,' my son sang, **'Hurry up, and bring your two Bugs Bunnies!'**" —LINDA SAUNDERS MARICLE
- "My daughter used to sing, 'Go, go Jason Waterfalls,' for TLC's 'Waterfalls.'" —SHELLY ARNALL
- "My son always sang, **'All the single lettuce'** instead of 'All the Single Ladies.'" —STEPHANIE MOORE TODD
- "Instead of 'Moves Like Jagger,' my 5-year-old thinks it's 'I've got to move those carrots.'" —KIMBERLY SIMS
- **"Take me down to the prairie dog city** where the grass is green and the girls are pretty!" —ALISON CONROY WHITLEY
- "My first-grader sings, 'I'm 60 and I know it' [for LMFAO's 'Sexy and I Know It']." —JENNIFER PRENTICE CORNELIUS
- "For Foreigner's 'Juke Box Hero,' my son thought it was 'He's a juice box hero, with straws in his eyes.'" —JEAN ST. DENIS



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cut off friends with "not even a word as to why." Many people don't deal well with conflict. If a friendship has come to the point where one person feels the need to end it, then it wasn't healthy. Sometimes, walking away is the kindest thing we can do—for ourselves and the person we are walking away from. —YVONNE BLACK, *Montana*

PARENTS WHO PUFF

I just read "I'm a Parent Who Smokes Pot" [March] and hope that people can be a little more open-minded about legalizing marijuana. I don't agree with smoking daily to deal with stress and kids, but I am all for using it in place of prescription drugs, which may be even worse for you in the long run. Marijuana has helped many people live a better quality of life when suffering from various diseases. —FAITH HEIMBRODT, *Elgin, IL*

[A parent's smoking pot] is just as bad as their drinking and smoking cigarettes. But it's also illegal, and I don't want my son growing up thinking that it is okay! —KELLI BARRY, *via Facebook*

SILENCE IS GOLDEN?

In "Girl Code" ["Spill, Vent, Gossip, Go!" March], 94 percent of responders said they would want to know if their husband was cheating. I thought I was happily married for 32 years when my hubby walked out. I was blindsided. In the divorce proceedings, I discovered that he was unfaithful, and that many of our friends knew. They protected me, for which I'm glad. One comment in your piece was, "I wouldn't want to be ignorant and made a fool of behind my back." I disagree. My friends' support showed how much they respected me. The fool was my ex-husband. —LINDA TROLL, *Somerset, PA*

WOW, THAT WAS *EMBARRASSING!*

SLIDING DOORS

"I always flirt with a cute guy who waits at the bus stop where I get off. One day, I reached behind me to help someone off the bus, and the driver shut the door on my outstretched hand. To my horror, it pulled away with my arm attached! I ran alongside the bus until the driver noticed, and the handsome guy saw it all. I haven't been able to look him in the eye since." —D.S., BALTIMORE

PLAY-BY-PLAY

"While selling books at a convention, I took my son to the restroom and he brought our two-way radio. He narrated: 'Mom is in the stall, she's taking a long time. I don't know why she takes so long.' I returned to our booth and found that our other radio had been broadcasting his commentary to everyone in earshot!" —M.B., EVANSVILLE, IN

HOLY INAPPROPRIATE!

"I was in church when my iPhone went off, blasting my ringtone, Michael Jackson's 'Rock With You.' It took me *forever* to dig it out of my purse and turn it off. I wanted to crawl under the pew." —M.R., DALLAS

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REPLY ALL

A CONTROVERSIAL CHOICE

I was utterly appalled by "I Strip for Quick Cash" [March]. The objectification and exploitation of women is demeaning to our entire gender, and it is disgusting for your magazine to recognize women (let alone a *mother*) who volunteer for such treatment. —JENNIE ZIMMERMAN, *Butte, MT*

It's pleasant to see a fairly objective piece about real sex workers. As a happy, married stripper and soon-to-be mom, I'd like to state that stripping isn't always for financial necessity. I happen to love what I do. —ELLE LYNN STANGER, *via Facebook*

TELL US, LADIES!

WHAT'S THE **FUNNY** THING YOU *ALWAYS* HAVE IN YOUR HANDBAG?

- "Gobstoppers!" —ALICIA SNELENBERGER

- "Tony Chachere's Creole Seasoning, for all of the bland food emergencies up North." —KRISTAL MOWER-GOLDING

- "A small pink giraffe toy my mom gave me for Valentine's Day when I was a kid. It makes me smile." —ALISIA KINSER

- "I always carry a copy of the U.S. Constitution. I've proven many a point with it." —NICOLE HALL

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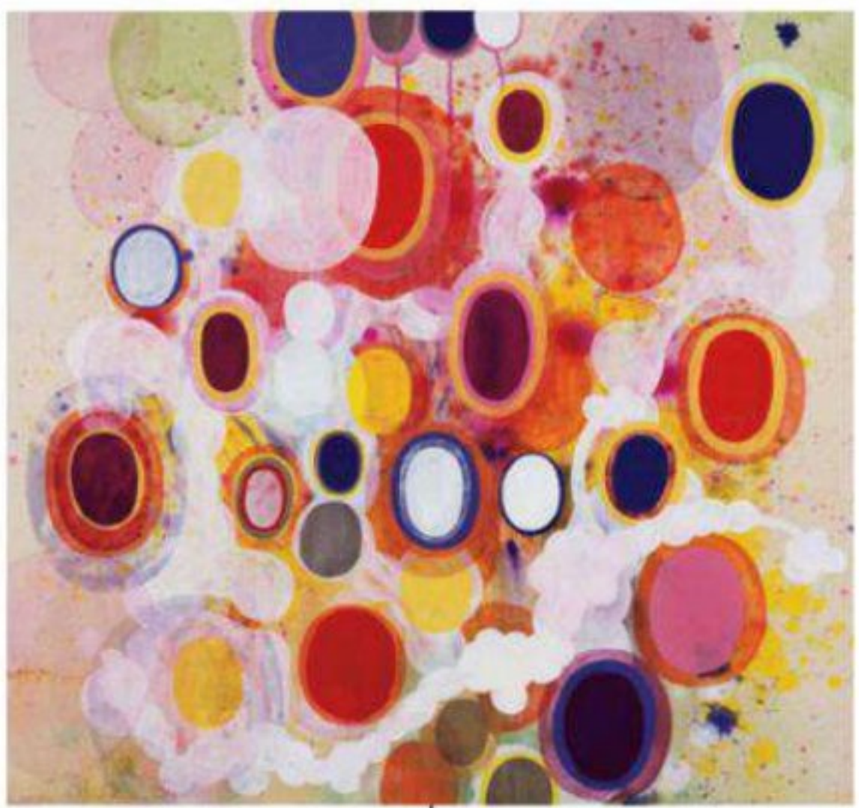
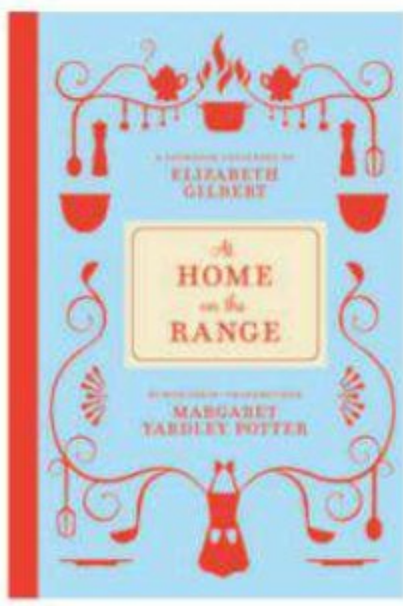
TINY WAYS TO MAKE LIFE HAPPIER, SANER, SWEETER



Happy up your walls

Nothing brightens a room (or a downer day) like art, which is why the website 20x200.com is so nice: It sells gorgeous prints, like this one, starting at $24.



Words to live (and cook) by

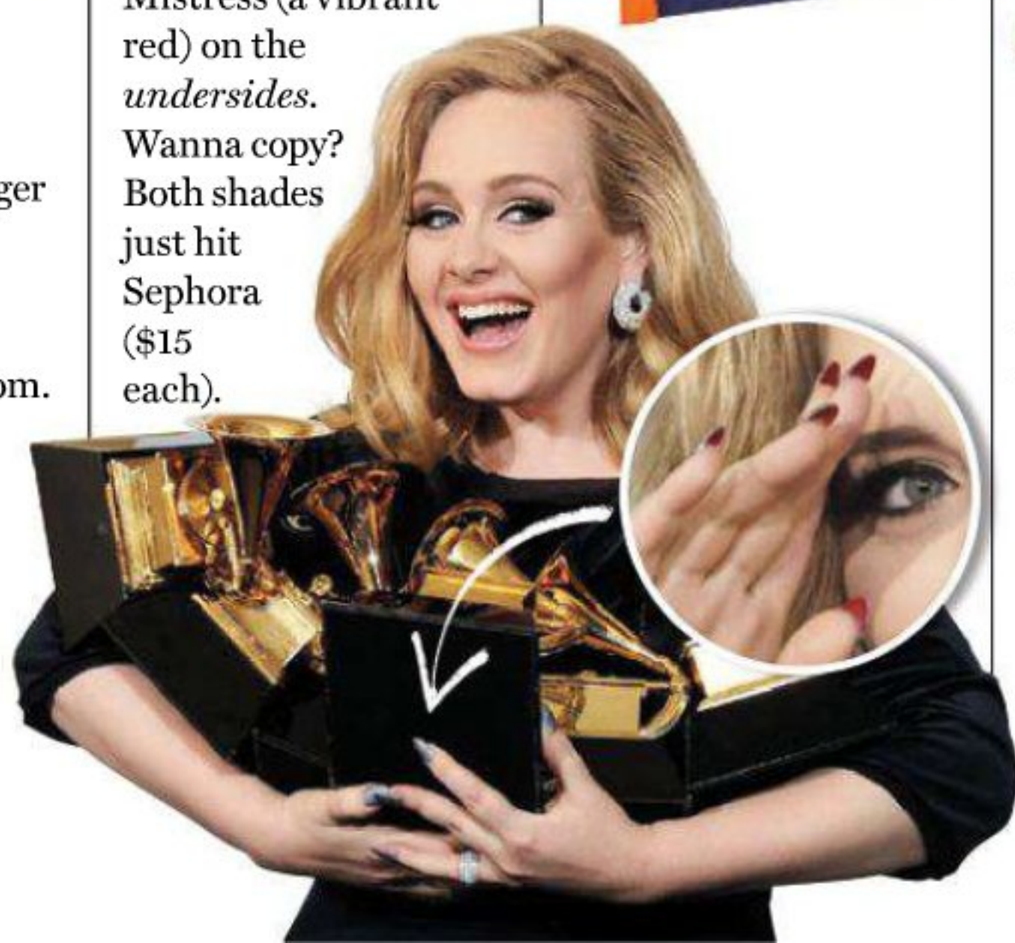
Now we know where the *Eat, Pray, Love* guru got the "eat" part: Elizabeth Gilbert's great-grandma wrote a cookbook back in 1947 titled *At Home on the Range*, re-released this month. Delish recipes aside, Gilbert found all sorts of timeless wisdom from her "Gima," like this: "Every woman should know how to mix her own cocktail, in case her husband is indisposed, or in case the hostess 'lives alone and likes it.'" As true now as it was then.

It's salad! In a jar!

Here's an ingenious idea from food blogger Julia Mestas: First, grab an old pasta-sauce jar and pour dressing at the bottom. Then layer your fixings on top, finishing with the greens. Take it to the office, take it on a picnic—it's wilt-free magic.

Nails that rock

We love how Adele is all '60s glam—except for her searingly cool manicures. For Grammy night, manicurist Mike Pocock painted the top of her nails with Ciaté Paint Pot polish in Jewel (a glittery gray-blue) and put Mistress (a vibrant red) on the *undersides*. Wanna copy? Both shades just hit Sephora ($15 each).



Love story

Some college hookups do last! In Facebook albums like "Bucknell in Love," couples post their sweetest tales, like this one from Laura Weyant Kearney: "Our professor noticed the romance but told Phil he had to stop giving me his lab answers. We've been together ever since."

Très bien

The French bring to macarons what Americans bring to cupcakes: rainbow colors and mad flavor—like grapefruit wasabi, white truffle hazelnut, and apricot pistachio. Paris not in your near future? Celebrate National Macaron Day on May 31 with the very best mail-order one: lychee rose from macaroncafe.com.

ART: COURTESY OF 20X200. SALAD: COURTESY OF JULIA MESTAS. BOOK: COURTESY OF PUBLISHER. PENNANT: COURTESY OF BUCKNELL UNIVERSITY. ADELE: GETTY IMAGES. MACARONS: RIOU/GETTY IMAGES.

Inspiration BOARD

Postcard from heaven

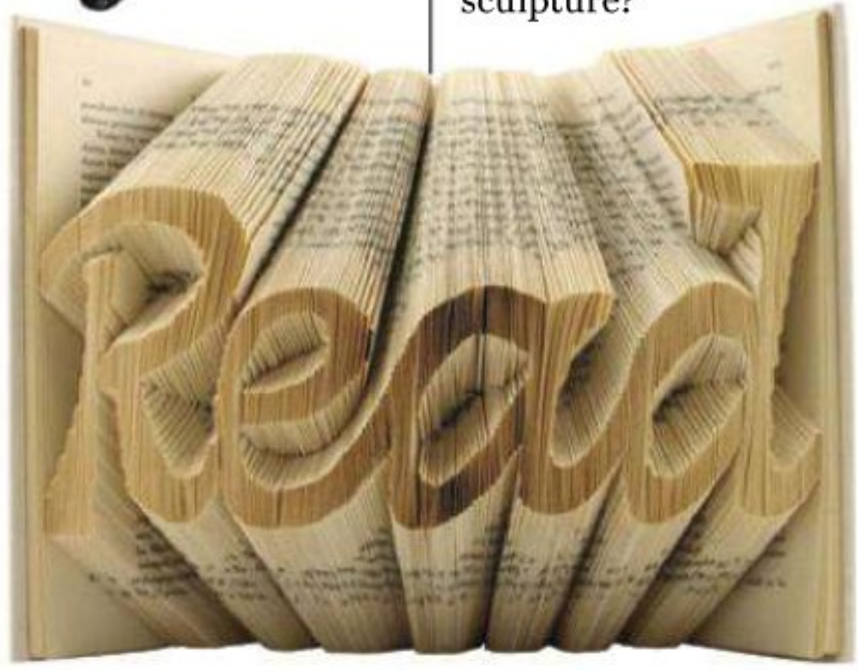
If you wish you were under this cherry blossom tree right now, there's good reason: Being around growing things could help you think positively, feel more in control of your life, reduce stress, and even improve... hmm...what was it? Oh! Memory. Now blooming at a botanic garden near you: tulips and magnolias. *Go.*

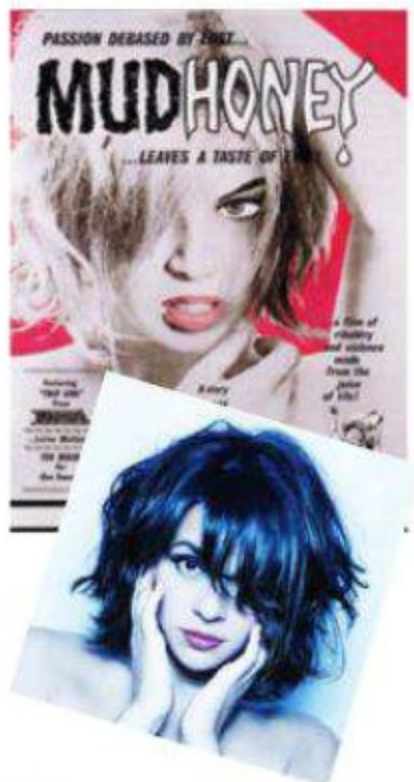
Can we be her...

...when we're 90? "I'm opposed to the whole idea of dressing for your age," says the perennially stylish lady-about-town Iris Apfel, who has a jewelry line on HSN. "I know people who are old at 40 and young at 90. I think a mirror, rather than a calendar, should be your guide. It's common sense. Common sense and a mirror!"

What an idea for a book!

Could there be a more original (or gorgeous) incentive to curl up with a novel than this Isaac G. Salazar sculpture?



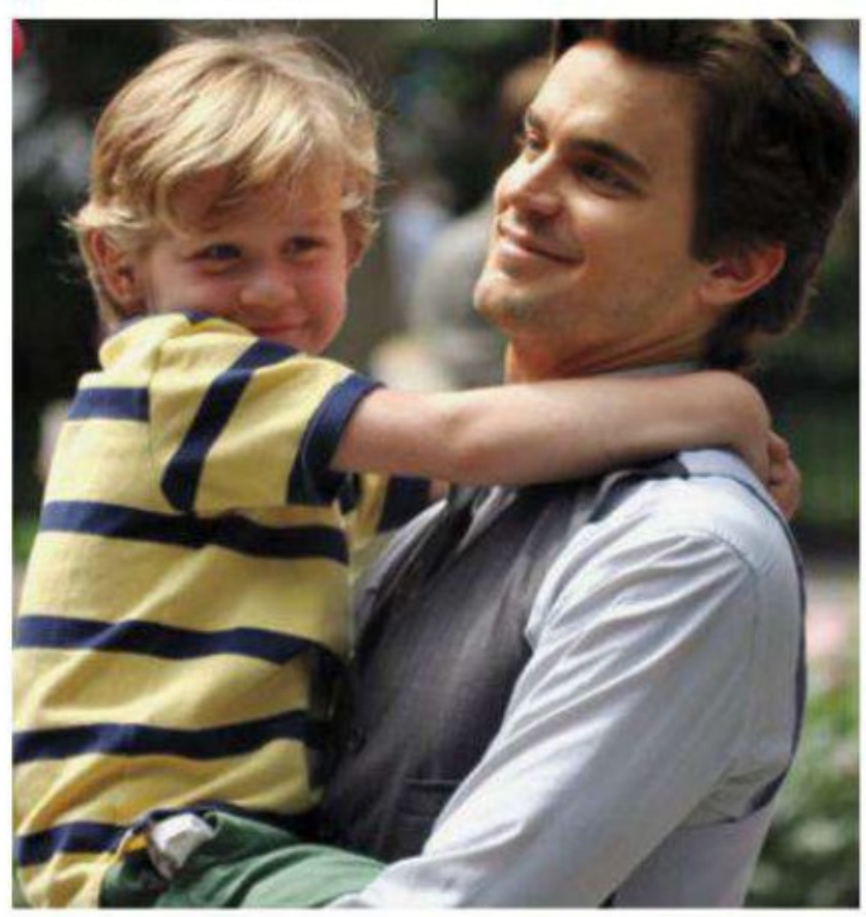


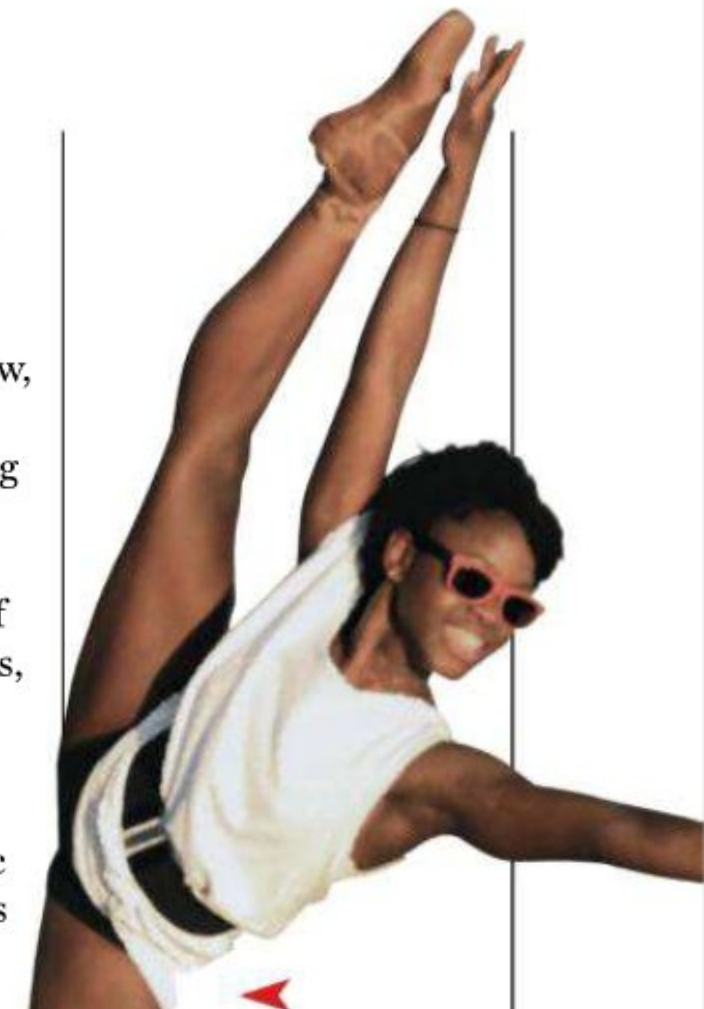
Norah's hot secret

What inspired the sultry cover and sound of Norah Jones's new album, *Little Broken Hearts*? "[My producer] Brian [Burton]'s studio has the poster for the Russ Meyer movie *Mudhoney* hanging over the couch where I wrote lyrics and where we recorded a lot of the vocals," she says. "It's playful and sexy, but the girl has a very mysterious look in her eyes. You're not sure what she's about to do." Channel that girl while listening to "4 Broken Hearts," and get psyched for date night.

Love wins

You've got to feel good about the lovely way *White Collar* star Matt Bomer came out publicly, acknowledging his (male) partner and kids at an awards event: "I'd really especially like to thank my beautiful family: Simon, Kit, Walker, Henry. Thank you for teaching me what unconditional love is. You will always be my proudest accomplishment."





Dance with joy

You'll want to after seeing the ballet documentary *First Position*, in which you'll meet 14-year-old Michaela DePrince. Born in war-torn Sierra Leone, she overcame the death of her parents to shine in one of the world's toughest dance competitions. (In theaters May 4.)

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Louboutin your furniture

We all love the idea of red on the soles of our shoes, which is why this trick had us trilling with joy: When making over a side table (or anything else), paint the underside a glossy crimson, like Suzanne and Lauren McGrath did here in their new book *Good Bones, Great Pieces*.

Sing it, Rita

Proving that it's never too late to belt your heart out, Rita Wilson—actress, producer, wife of Tom Hanks—just released her debut album, *AM/FM*, a collection of '60s and '70s classics. "I said to myself, 'If this is a dream of yours, you've got to do it,'" she told us. She has an expressive voice, and pals Sheryl Crow, Jackson Browne, and Faith Hill chime in too.

Now *that's* chic

Our fave part of fashion shows? When the designer pops out and you get to see how a *real* (and really tired) woman looks in one of the outfits. Says the always-cute Tracy Reese: "I don't want someone to think, *Oh, that collection is just for models.* I want to show them they can wear runway clothes!"

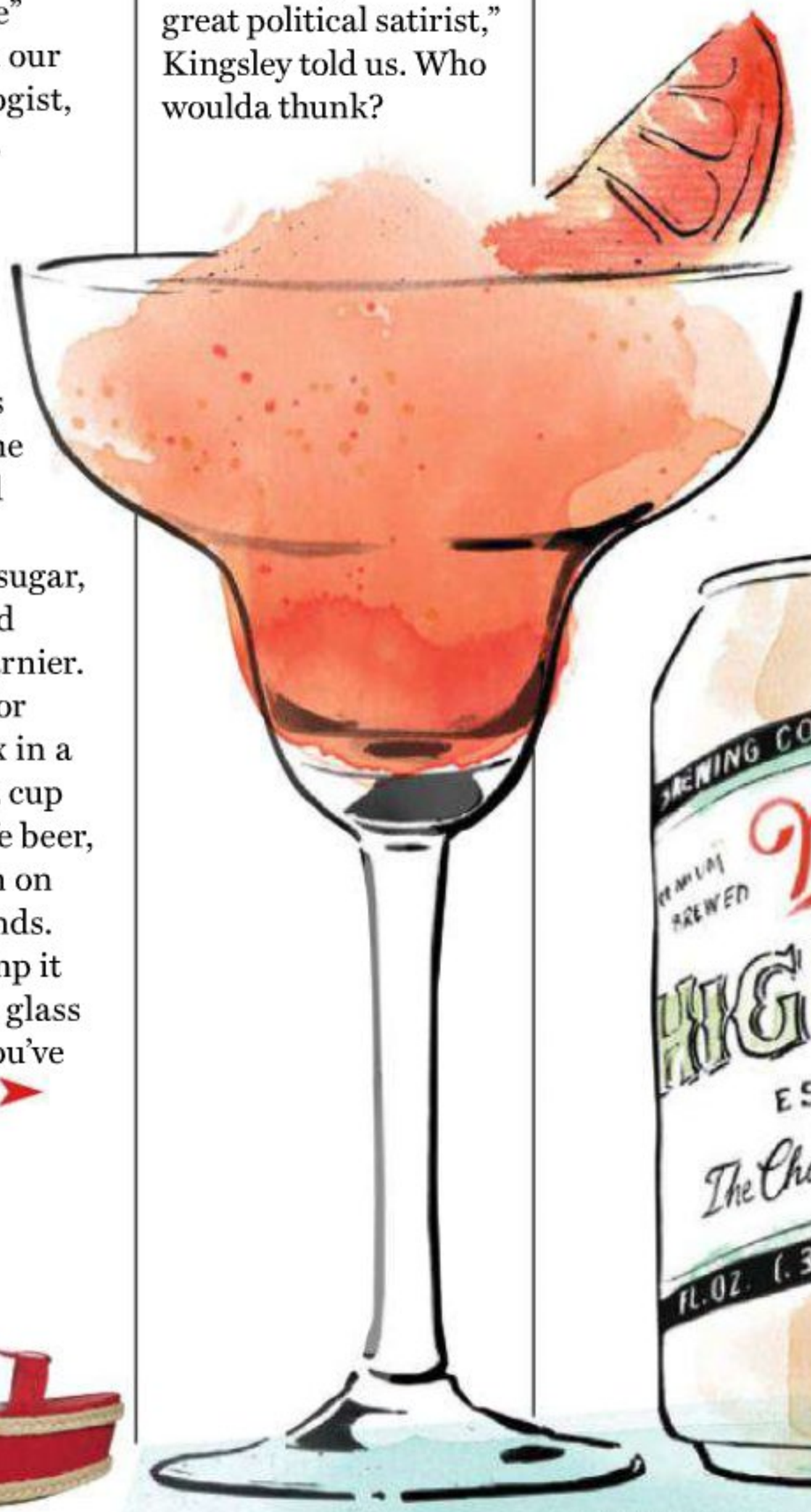
Flatforms!

These comfy spring miracles will make you grow two to three inches, and they look good with just about anything.

See our shopping guide on page 214 for info on these styles.

Sip the High Life

The second-best thing to that glitter-glue card your kids gave you is the "It's Mother's Day Somewhere" margarita from our Mommy Mixologist, Kim Haasarud. First, peel a grapefruit, a lime, and a lemon. Then, in a blender, add two chunks of grapefruit, the whole lime, and half the lemon. Pour in 3 Tbsp sugar, 2 oz tequila, and ¾ oz Grand Marnier. Blend on high for 10 seconds, mix in a cup of ice and ¼ cup Miller High Life beer, and blend again on low for 20 seconds. Final step: Dump it into the biggest glass you can find! You've earned it, lady.



Mixed nuts

Sir Ben Kingsley was happy to be in Sacha Baron Cohen's *The Dictator* after meeting him on *Hugo*. "He's a great political satirist," Kingsley told us. Who woulda thunk?

Having a Darth Vader moment?

Yup, parenthood is enough to push anyone to the dark side... Here's just one of the sketches that will crack you up in the book *Darth Vader and Son* by Jeffrey Brown.

WILSON: STEVEN SEBRING. TABLE: FROM *GOOD BONES, GREAT PIECES*. REESE: FRAZER HARRISON/GETTY IMAGES. *DARTH VADER AND SON*: COURTESY OF CHRONICLE BOOKS. COHEN: COURTESY OF PARAMOUNT PICTURES. MARGARITA: ILLUSTRATION BY SILJA GOETZ.

Inspiration BOARD

Sandra McLean helps children grow (and learn to enjoy!) fresh food at a garden she started in Brooklyn, NY.

All children deserve **healthy** food!

Here are 5 easy ways to help them get it—plus, one woman who's using her green thumb to tackle the **hunger** crisis in her own backyard.

There are 6.5 million children in America who would probably love to eat their vegetables, if only they could *get* some. They live in "food deserts," low-income areas where families often have to travel more than a mile to find a supermarket and end up relying on fast-food joints and convenience stores for meals. Former chef Sandra McLean is dedicated to fixing this problem in New York City, where the wealthy dine on exotic produce in some of the world's best restaurants. Meanwhile, Sandra says, "some of the kids we serve have never eaten a fresh peach or a raw tomato." She teamed up with Slow Food NYC, a chapter of the national organization that plants or maintains 300 gardens and helps feed 34,000 children nationwide each year. In 2010, she took charge of creating three gardening programs in low-income areas of New York. "I saw kids show up eating chips and candy bars for breakfast. I was worried they wouldn't like the food we were growing, because it wasn't what they were used to," Sandra says. "But they'd devour anything they helped grow." The kids literally licked their plates—because fresh-from-the-ground produce is delicious, but also because plenty of them were truly hungry. With Sandra's help, Slow Food NYC has opened more gardens all over the city. She even launched a similar program in South Africa last year. And she insists that gardening (and feeding the hungry) is easier than people think: "You can grow food out of anything that will hold soil and water, like a pickle jar or even a cardboard box. Start with carrots, basil, and tomatoes, because they're fun and easy to grow. We *can* help feed our communities—it can begin in a vacant lot, at school, or in our own backyards." To further the cause, give whatever you can at slowfoodusa.org/donate.

4 MORE WAYS TO PITCH IN:

1 ***Enter*** your zip code at acga.localharvest.org to find a community garden near you that could use your help planting and harvesting fruits and vegetables.

2 ***Download*** the AmpleHarvest.org smartphone app (ampleharvest.org/iPhone.php or ampleharvest.org/Android.php) to find food pantries in your area that accept fresh produce—it can come from the grocery store or from your own garden.

3 ***Ask*** your child's principal to join the National Farm to School Network (farmtoschool.org/states.php), which connects schools with nearby farms to get more local fruits and veggies onto children's lunch trays.

4 ***Score*** free seeds from the America the Beautiful Fund. Their Operation Green Plant program gives vegetable and herb seeds to anyone starting a community garden. To get growing, visit america-the-beautiful.org/free_seeds. Then share your bounty. —JIHAN THOMPSON

LUCY SCHAFFER.

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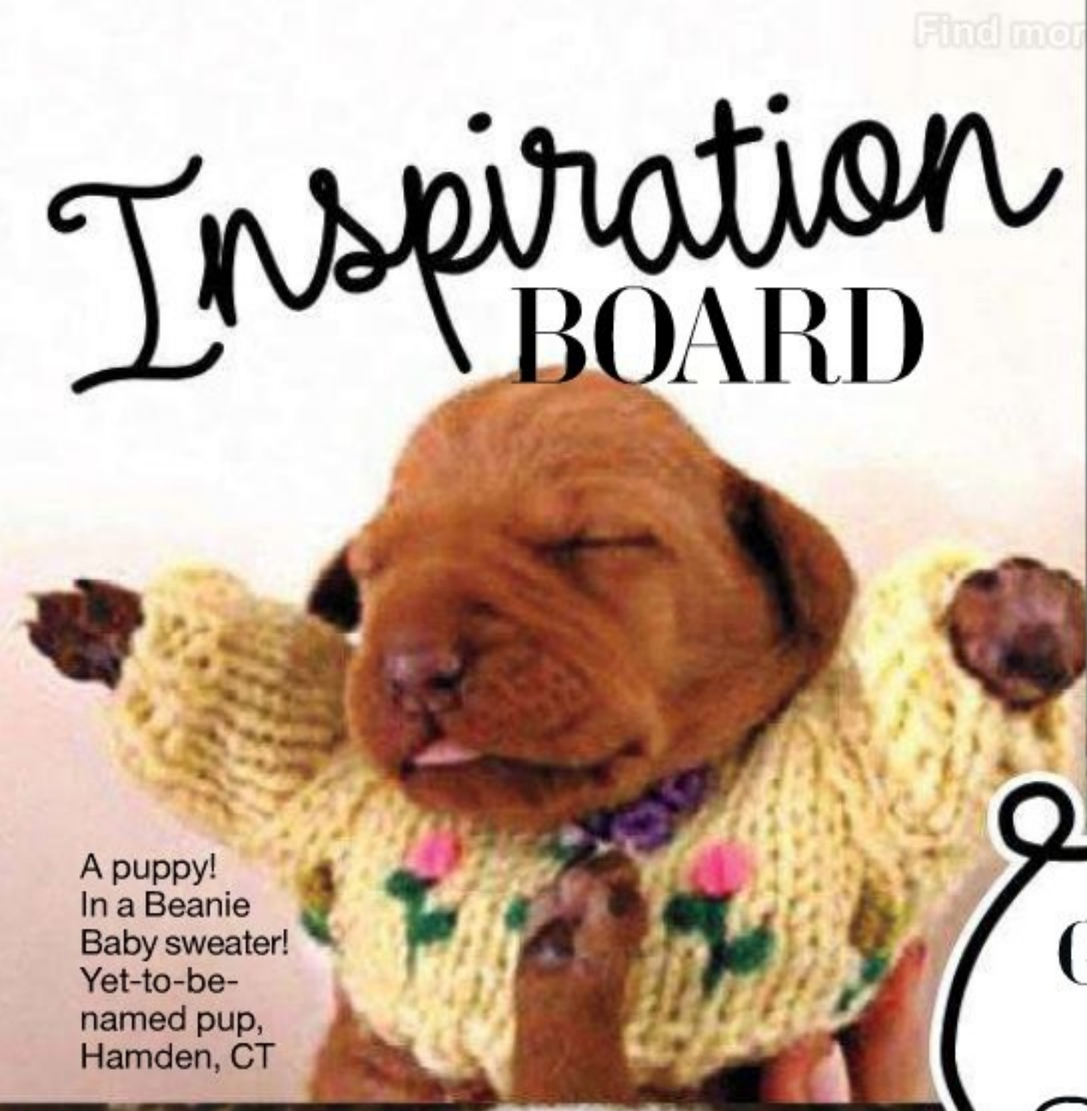


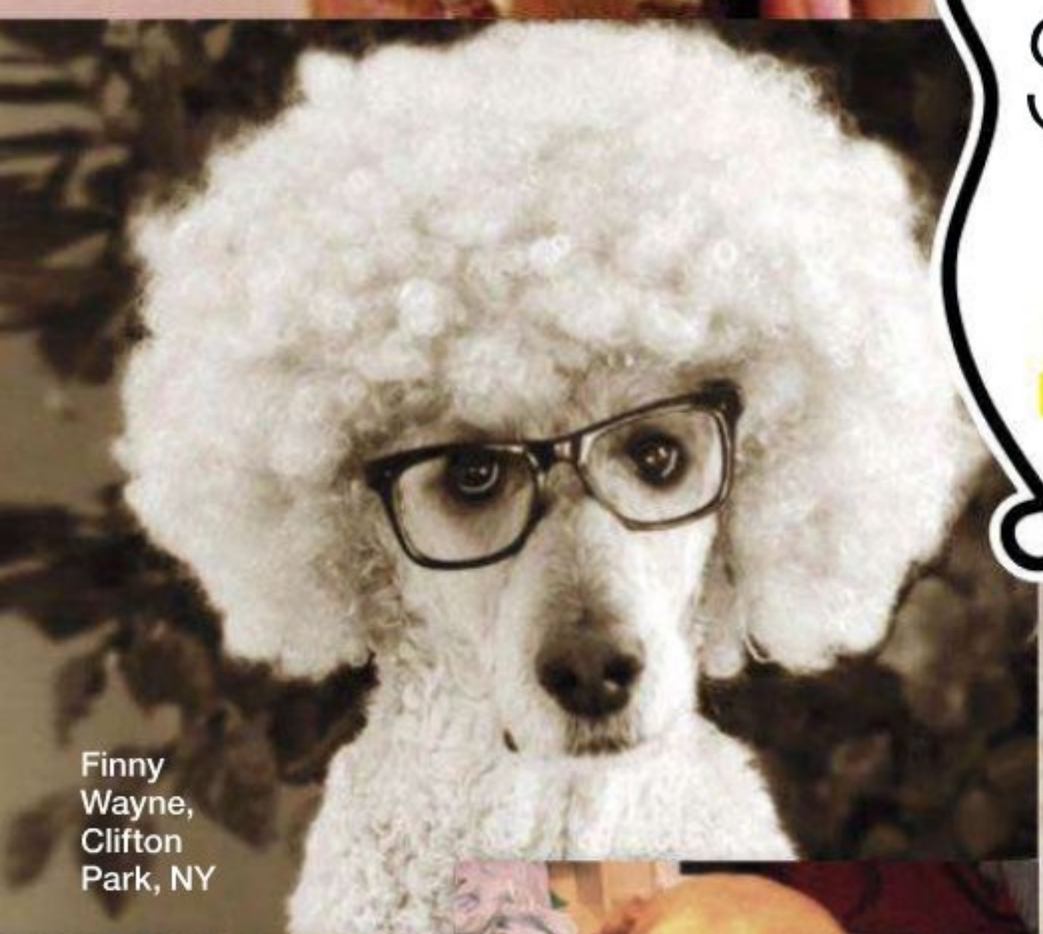
A puppy! In a Beanie Baby sweater! Yet-to-be-named pup, Hamden, CT

"The things I have to do to get a cracker..." Gracie Mae Bennett, Loveland, OH

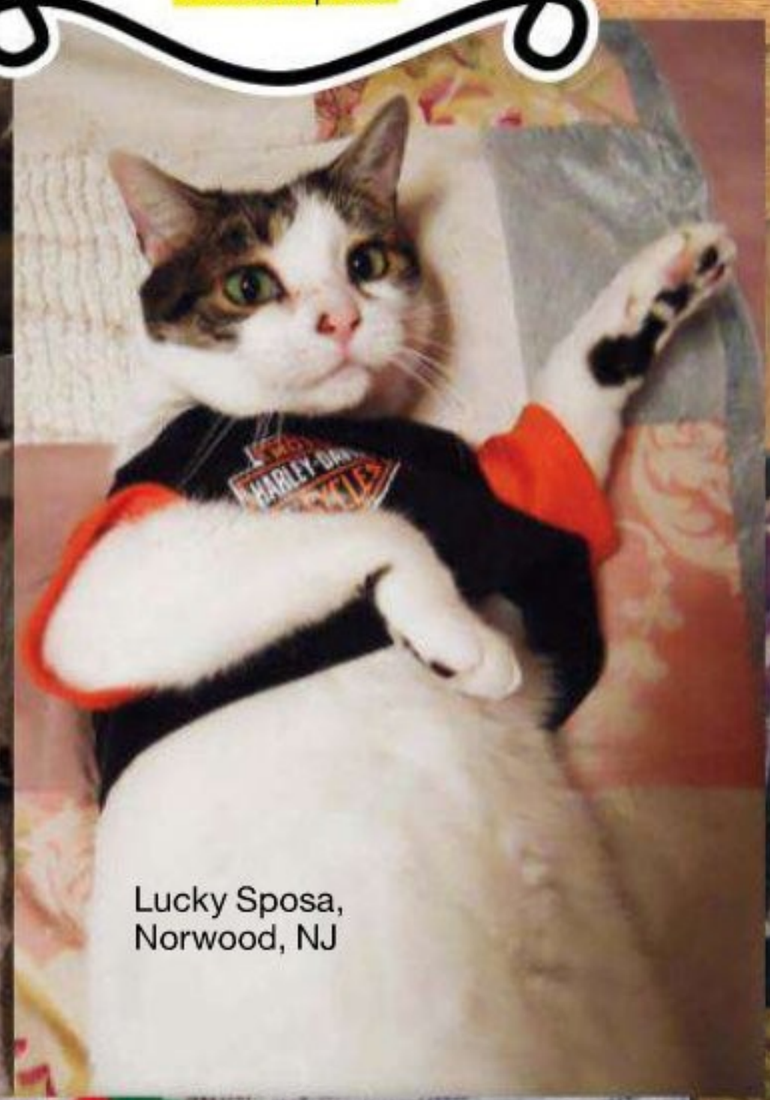
GRATUITOUS PAGE OF: STYLISH PETS

Coming up: **Chubby babies in bathing suits!** Submit your pics at redbookmag.com/readerpics

Hildy Perez, New York City



Finny Wayne, Clifton Park, NY



Lucky Sposa, Norwood, NJ

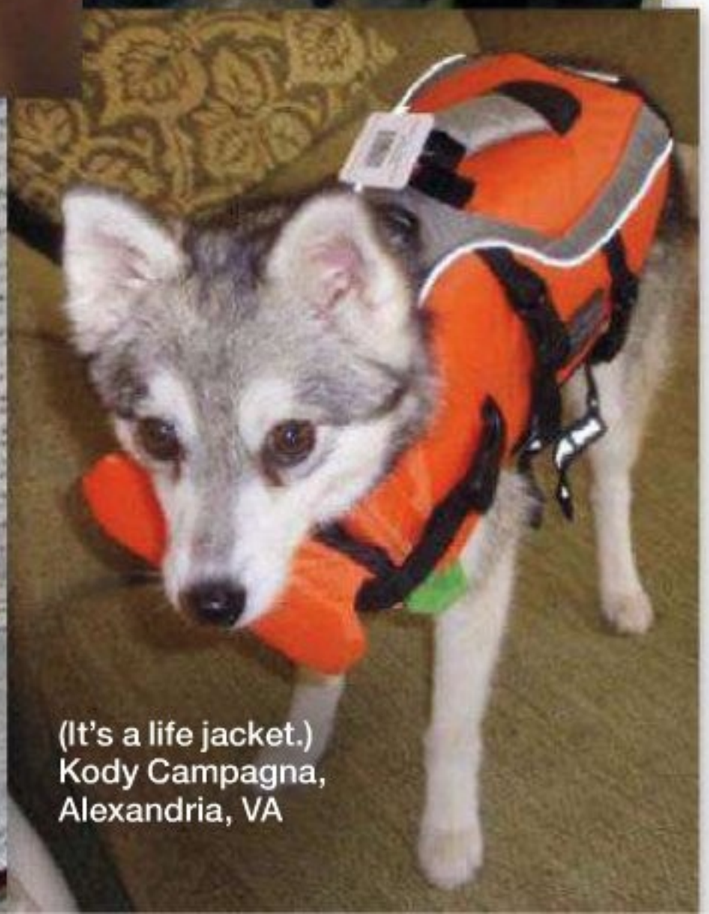
Otto Iovan, New York City

Gidget Woodside, Sekiu, WA

"Do you have these in my size?" Hurley Backoff, Delray Beach, FL

Shelby Johnson, Winston-Salem, NC

Santa's most useless little helper. Brownie Grafje (a guinea pig), Brick, NJ



(It's a life jacket.) Kody Campagna, Alexandria, VA

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essie

Wherever you go, take "poppy•razzi." My newest, non-stop neons are so on-trend, your nails will look fabulous in a flash.

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50 UNDER $50

WE'VE GOT A MOTHER LODE OF **HOT STEALS**, SO CASH IN SOME OF YOUR **"I DESERVE THIS"** POINTS. ('CAUSE YOU DO!)

STUDIO D. STYLIST: MARIANA VERA FOR HALLEY RESOURCES. CUP: COURTESY OF MANUFACTURER.

1 Tie this gorgeous scarf around your hair, put on your biggest shades, and see if they get the shameless hint that you really want a convertible for Mother's Day. Scarf, $49; us.marimekko.com. 2 A waiting-list-worthy bag at an "*I saw it first!*" clearance price. Bag, $46.71; handbagheaven.com. 3 This coral lipstick will perk up your whole face, and the sheer formula means you can swipe it on without a mirror or nuthin'. Rouge Coco Shine in Flirt, $32; chanel.com. 4 Who doesn't want a stack of gold at their fingertips? Ring, $49; melindamaria.com. 5 Set the stage—er, table—for summer fun with these punchy-cute tumblers. Glasses, $19.95 for 4; burkedecor.com. 6 You've earned your stripes! And now look *stunning* in them. Annalee + Hope dress, $29.99; burlingtoncoatfactory.com.

Photographed by Greg Marino

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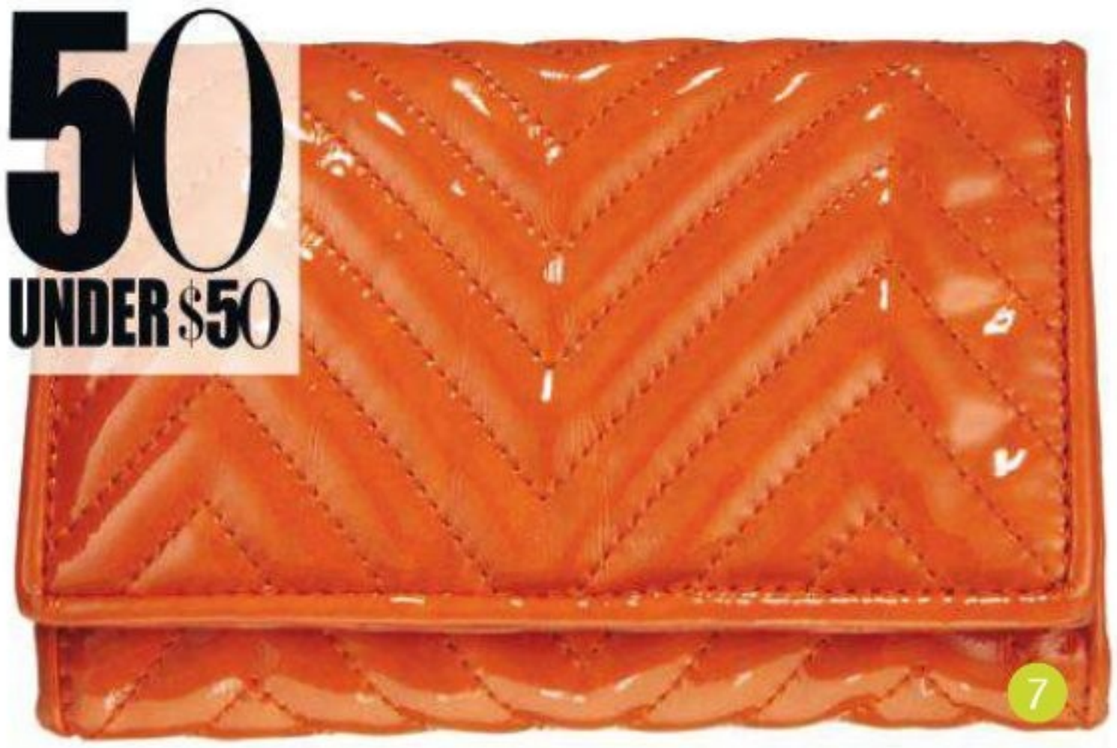


SWEET DECOR… **SEXY STYLE FINDS**… THIS STUFF WILL

7 A bright place to stash your cashola. Wallet, $30; bigbuddha.com. 8 *Oooh, trippy.* These psychedelic servers come with an equally cute bowl. Serving set, $39; seltzerstudios.com. 9 Earrings that are the fashion equivalent of champagne: bubbly yet elegant. Earrings, $29.95; sendthetrend.com. 10 It's a shrimp of a barbie! This 11-inch mini grill turns any picnic into a BBQ. Grill, $48 (with code REDBK); bodum.com. 11 Make short work of dinner prep with a cool circle knife. Knife, $48; aplusrstore.com. 12 From "lightly sun-kissed" to "golden goddess," this compact does it all. Pixi Bronze Bloom Trio, $28; target.com. 13 If being obsessed with these heels is wrong, we don't want to be right. Wedges, $29.99; shop.avon.com. 14 Do right by your pores *and* the Earth: Net proceeds from this mask go to Recycle Across America. Limited-edition Rare Earth Deep Pore Cleansing Masque, $23; kiehls.com. 15 Seems wrong to celebrate inner peace by setting someone's head on fire, but… Mini Buddha candles, $40 for 3; blisslivinghome.com.

SPOONS, CANDLES, KIEHL'S, GRILL: COURTESY OF MANUFACTURERS.

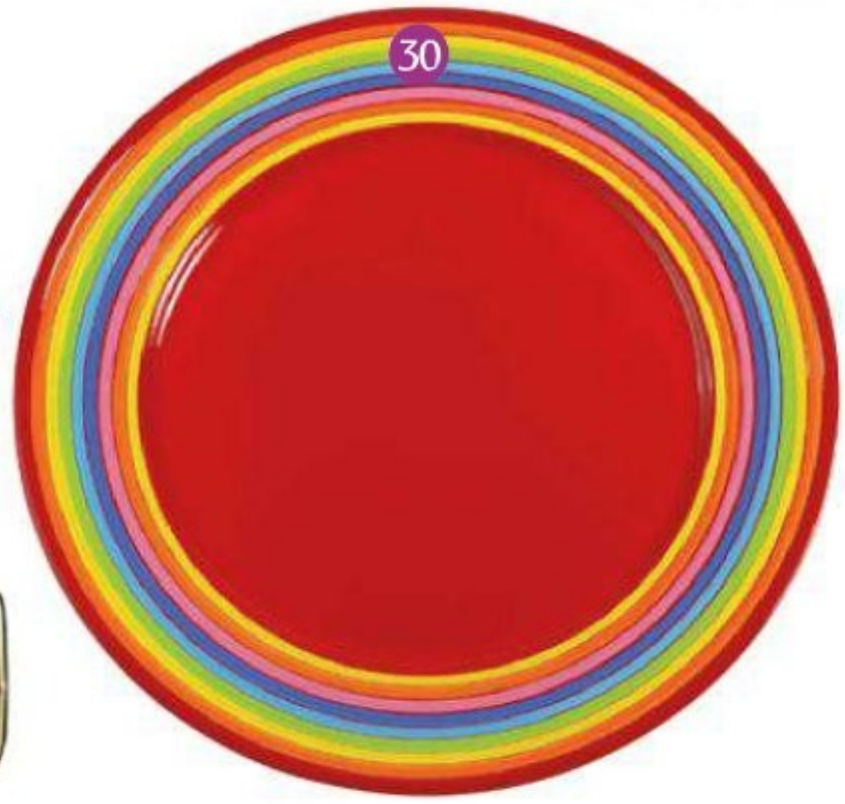
TAKE YOU FROM "HI, MOM" TO **HOT MAMA**—FOR PENNIES.

16 One polish for fingers and one for toes, for unmatched glamness. Duo Manucur Couture #8, $30; yslbeautyus.com. 17 This foxy lipstick has the coolest slide-to-open mechanism—you'll feel like a Bond girl all night long. Guerlain Shine Automatique in Extrait de Rose, $35; saksfifthavenue.com. 18 There's no shame in hosting cocktails just so you can wear this ring. Ring, $46; sorrelli.com. 19 A goddess-y draped dress in a devilishly sexy hue. Love 21 by Forever 21 dress, $27.80; forever21.com. 20 Rediscover your waist with this earthy leather belt. Belt, $48; guess.com. 21 Crocodile? Gold? Oh yeah, this watch is pretty darn rich. Nine West watch, $49; Macy's. 22 Show your feet a little love this weekend. Flip-flops, $25; ipanemausa.com. 23 Some happy blingle-jangle for your wrist. Bangle set, $38; sushmapatel.us. 24 A badass-chic bag befitting the ultimate rock-star mom (which is you, correct?). Bag, $49.99; navoh.com.

50 UNDER $50

A funky humidifier

We love this tray



25 Humidifier meets objet d'art: It's every stuffed-up decorator's dream come true. Crane USA humidifier, $49.99; bedbathandbeyond.com. 26 Just about the neatest, most modern take on ruffles and bows we've seen. Simply Vera Vera Wang top, $44; kohls.com. 27 Add a white tee and flats; exit building; turn heads. Skirt, $39.95; hm.com for store locations. 28 Now *this* is sweet: Pick up one of these bags at Godiva and the proceeds will go toward feeding 10 children in Africa. "Feed 10" bag, $25; godiva.com. 29 A potent mix of skin-hydrators and wrinkle-banishers that won't break the bank. RHSO Power Packed Anti-Aging Serum, $46; msteves.com. 30 A tray that'll make celery sticks and hummus seem fun by association. Tray, $40; momastore.org. 31 Give your lips—or any lipstick—the golden touch. Pure Color Gloss in Shimmering Mirage, $22.50; esteelauder.com. 32 Inspiration to skip *Dancing With the Stars* for dancing *under* the stars. Heels, $24.90; windsorstore.com.

TRAY: COURTESY OF MANUFACTURER.

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$20 AND UNDER

EENIE MEENIE MINEY ***WHOA***... IT'S ALL JUST SO **GOOD**!

33 Such a pretty maxidress... that happens to be soft enough to sleep in. Saturday catnap, anyone? Capelli New York, $19.99; eretailmall.com. 34 Even when you're screaming "Stop eating the sand!" you'll still feel classy in this straw hat. George hat, $8; Walmart. 35 A bag that looks like it cost more than your car, for less than you'd pay for a car *wash*. Bag, $19.99; target.com. 36 The bristles on this brush are retractable, so they won't get ruined in your (very neat, we're sure) bag. Hot Hues Retractable Kabuki Brush, $18; sephora.com. 37 This girly top and your boyfriend-y cutoffs were meant to be. Attention top, $16.99; kmart.com. 38 Shatterproof goblets perfect for sipping vino al fresco. *Salute!* Wine glasses, $2.95 each; crateandbarrel.com. 39 A slinky chain "cuff" that brings Studio 54–style glamour to your stay-home-with-the-husband evening. Bracelet, $16; shopmamie.com. 40 Sunshine on your shoulders makes you happy; sunshine on your feet will make you *psyched*. Sneakers, $17.94; oldnavy.com.

BRUSH: COURTESY OF MANUFACTURER.

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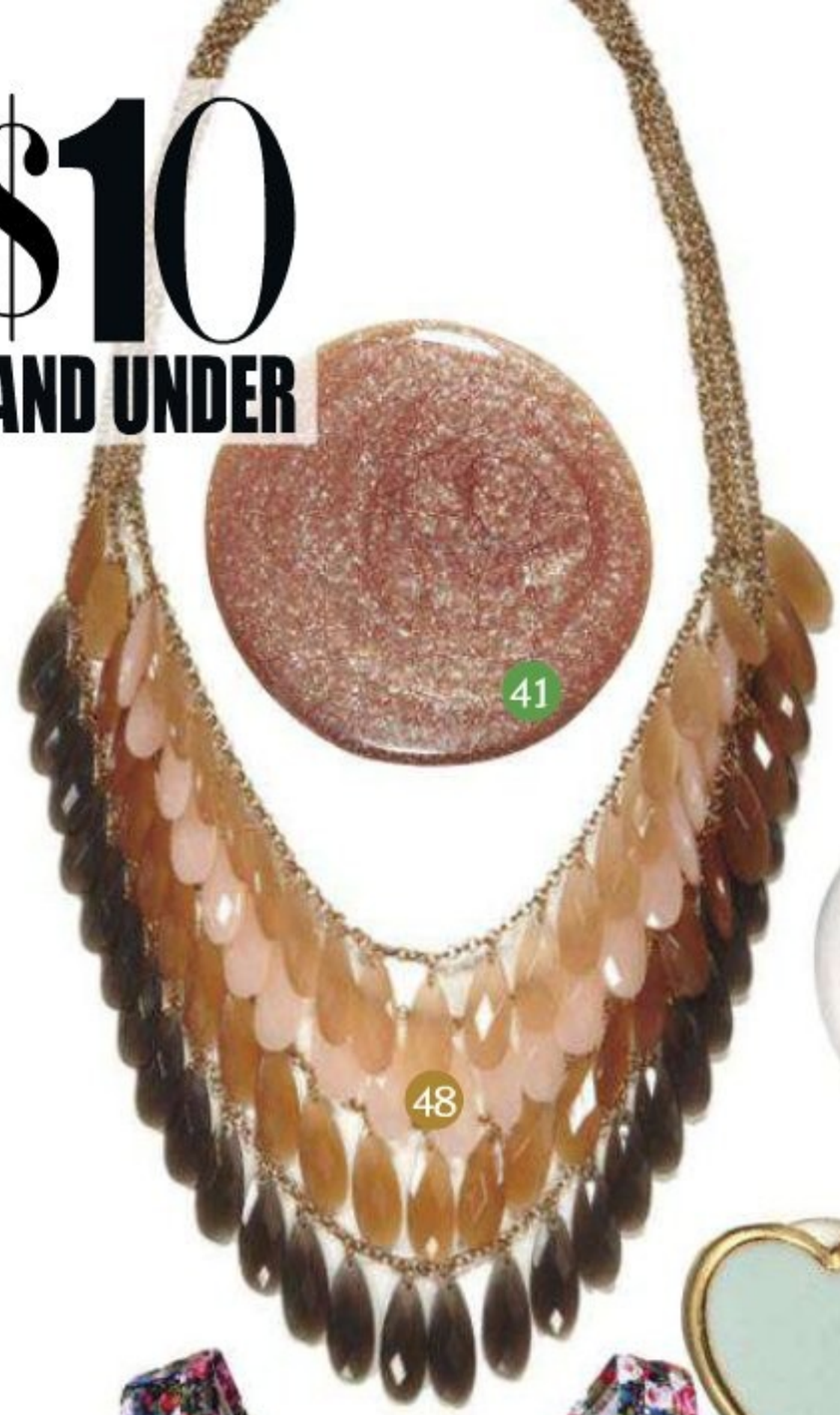

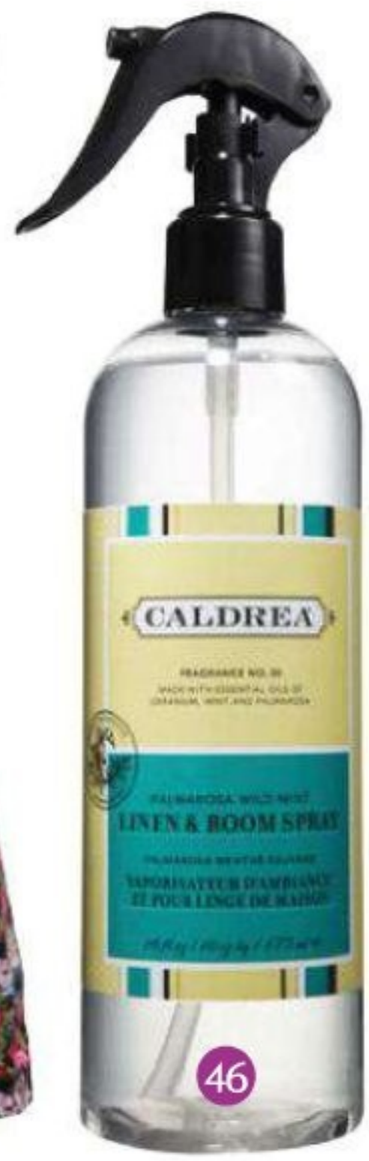

41 Polish that makes you look like you dipped your digits in glimmery caramel (schlurp!). Limited-edition Art of Nature Collection Nail Lacquer in Crushed Pearl, $9; marykay.com. 42 A pop of color for your khaki pants. Belt, $9.99; amiclubwear.com. 43 These make the smoldering-eye thing easy. Studio Cream Eyeliner in Punk Purple, Teal Tease, and Gunmetal, $3 each; eyeslipsface.com. 44 Because your junk drawer isn't going to organize itself. Squish drawers, $9.99 per pack; organizeit.com. 45 Oh, yes, you need it: a bendy spatula made for getting brownies out of the pan. Oxo red brownie spatula, $6; surlatable.com. 46 One shot of this and your couch won't even remember you *own* a dog. Linen and room spray, $9; caldrea.com. 47 Sleek, girly—and awesome under a black blazer. Tank, $9.90; gojane.com. 48 A quietly dramatic necklace with a scream-worthy price tag. Necklace, $7.80; forever21.com. 49 Such sweet-chic studs. Earrings, $10; fredflare.com. 50 Add a few rays of sun to your morning cuppa. Mug, $10; westelm.com.

CUP, SPATULA: COURTESY OF MANUFACTURERS.

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FREEBIES!

SO CHARMING
2 readers will each win this diamond-accented gold charm necklace from jewelry designer Helen Ficalora. Mother's Day doesn't get better than this. Value of each, $770.

Yes, it's free!

High-tech **treats**, super-glam **style**, and a sunny escape—we're giving it away to **you**. Enter for a chance to win at redbookmag.com/freebies.

A RELAXING CALIFORNIA RETREAT 1 reader will win a 3-night vacation for 2 in a deluxe room at the Hyatt Regency Huntington Beach Resort & Spa, including 2 spa treatments or activities, complimentary spa products, and 3 meals a day at the resort's signature restaurant, the Californian. Plus, $600 in airfare! Total value, $5,400.

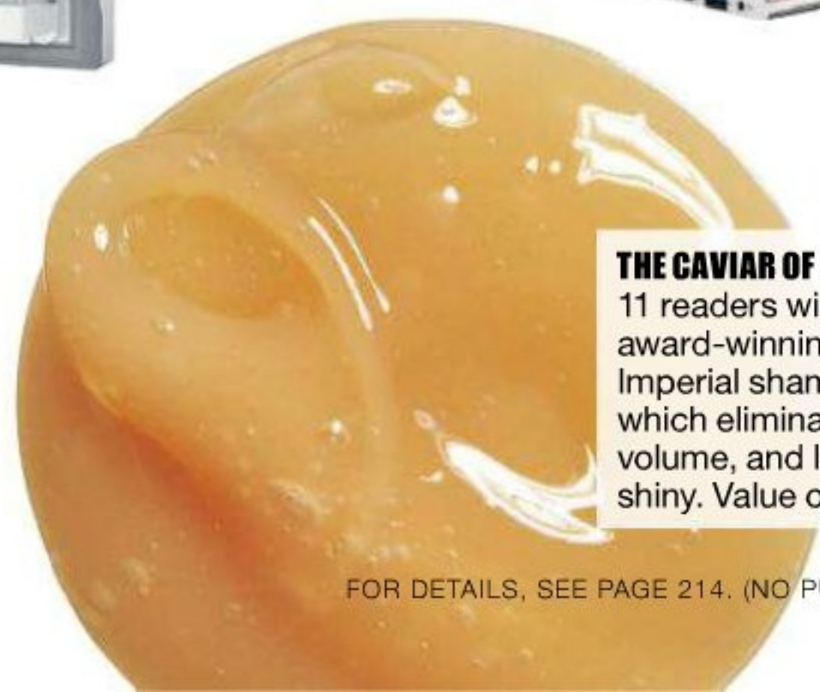
CHIC SHOPPING SPREE
5 readers will each win a Brooklyn Industries gift card, to use on everything from dresses to skinny jeans to this sweet, silky top. Value of each, $300.

AN IDEAL STROLLER
2 readers will each win this very fancy Quinny Moodd stroller. It's got a special mechanism that allows it to unfold in seconds. Value of each, $700.

COOL SMARTPHONE
3 readers will each win an LG Nitro HD from AT&T with a high-definition touchscreen and an 8-megapixel camera. Value of each, $600.

WHOA: A NEW FRIDGE
1 reader will win a GE Profile French-door refrigerator, with a seriously high-tech ice and water dispenser, from GE Appliances. Total retail value, $2,999.

LOVE THIS LAPTOP!
1 reader will win this slim and lightweight Asus Zenbook with Windows 7 from Windows and Microsoft Hardware, plus a wireless Arc mouse and keyboard. Total retail value, $1,519.

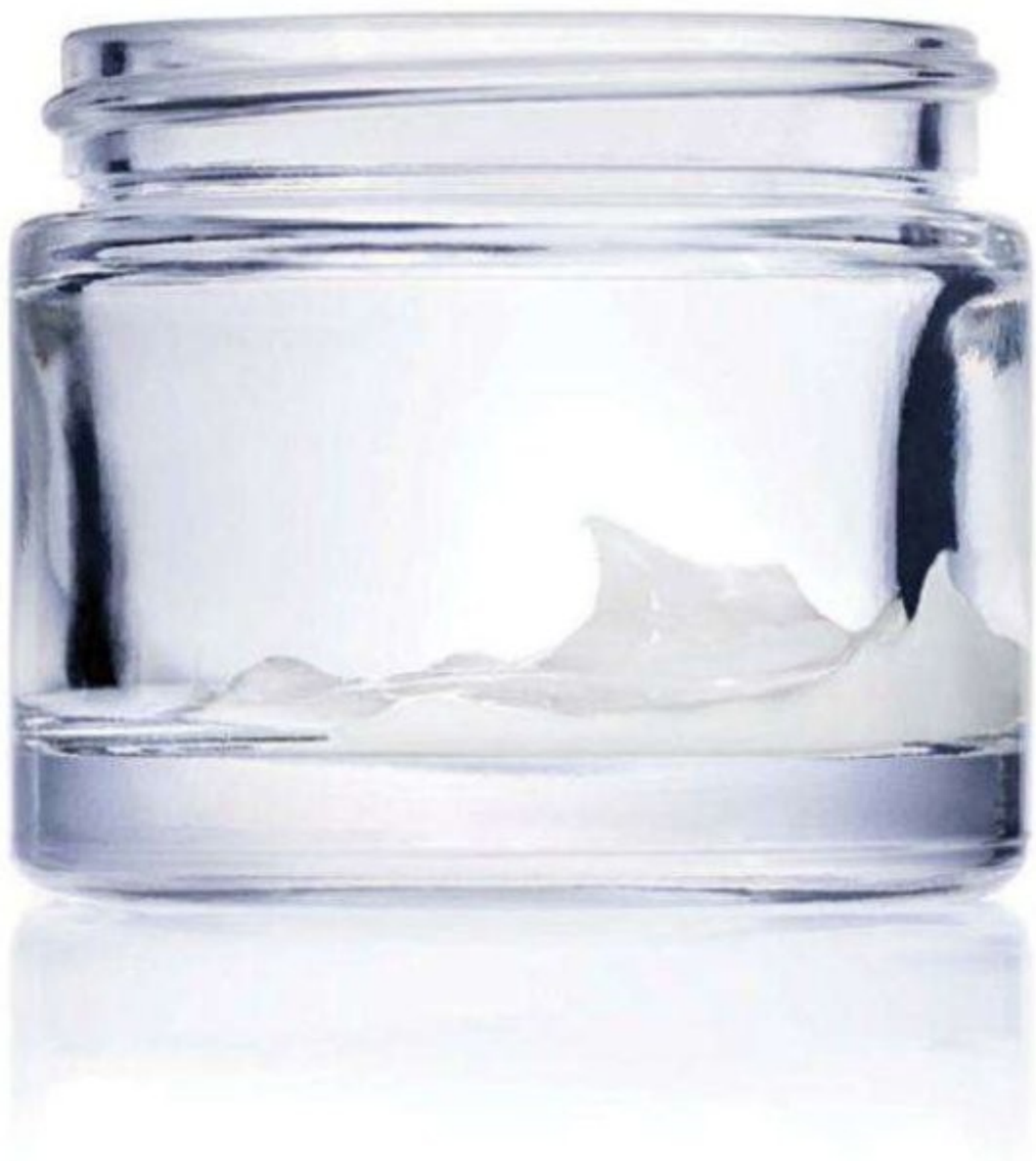


THE CAVIAR OF SHAMPOOS
11 readers will each win the award-winning Russian Amber Imperial shampoo from Philip B, which eliminates frizz, boosts volume, and leaves hair ultra-shiny. Value of each, $140.

RESORT: COURTESY OF HYATT REGENCY HUNTINGTON BEACH. SHIRT: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: PHYLLIS BAKER FOR MARK EDWARD INC. SHAMPOO: GREG MARINO/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS (5).

FOR DETAILS, SEE PAGE 214. (NO PURCHASE NECESSARY.)

Your anti-wrinkle cream is gone.
But what about your wrinkles?



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In fact, it's clinically proven to visibly reduce
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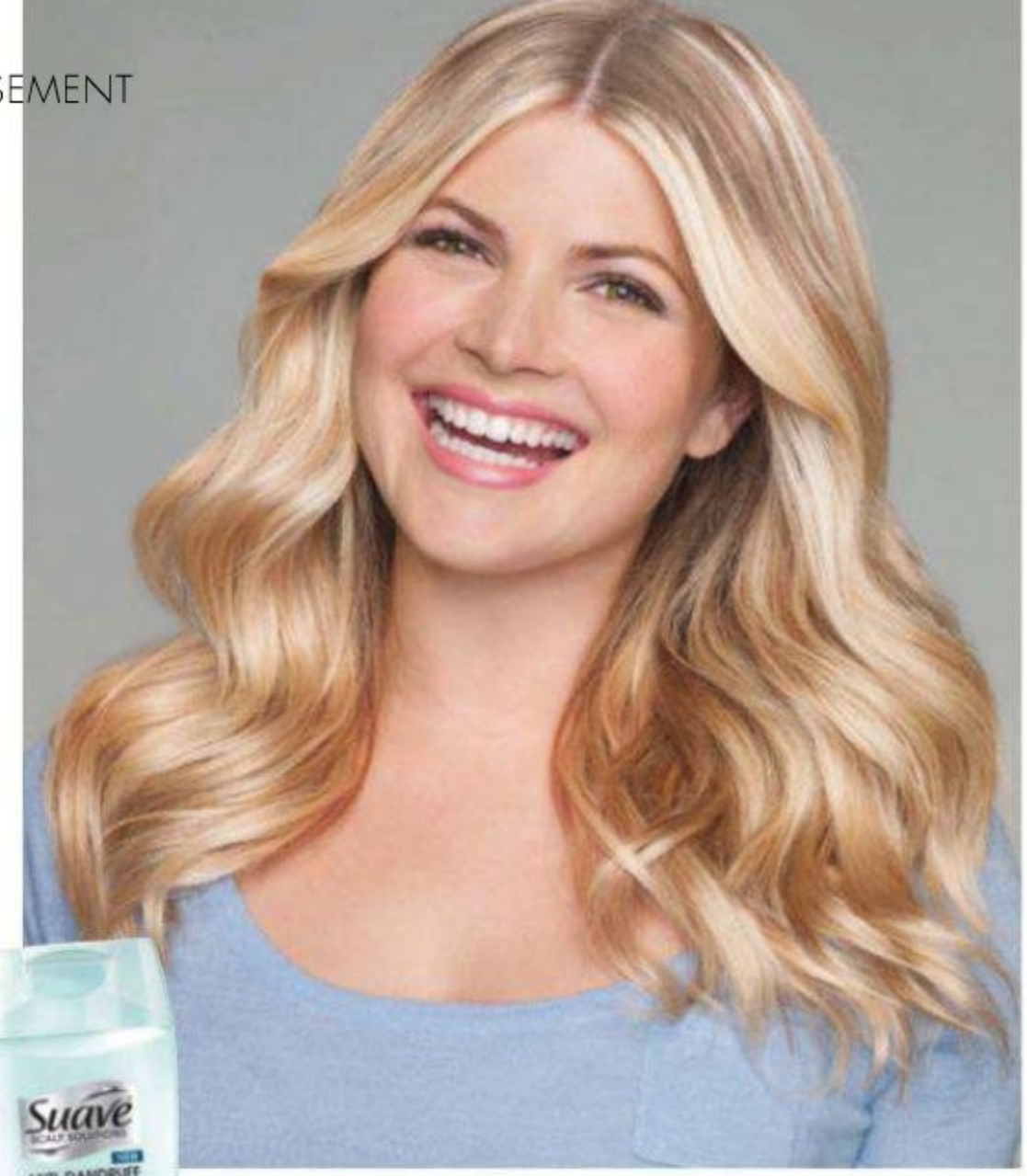
FINALLY IN... LOVE

Meet three real women from the RealBeauty.com community who have struggled to maintain a healthy relationship with their anti-dandruff shampoo.

With help from **Suave Professionals® Stylist Jenny Cho** and **new Suave® Scalp Solutions**, these women are ready to shed their winter coats and flaky scalps for a little summer lovin' and beautiful-looking hair.



STEVIE
PHOTOGRAPHER

"Summers in California can be brutal on my strands."

CHO: Stevie's always looking for the perfect shot in her Southern California surroundings. With **Suave® Scalp Solutions Ocean Minerals & Aloe Vera 2-In-1**, her scalp is ready for the drying SoCo summer sun. Plus, the 2-in-1 formula gives her more time for scouting the beaches with a stylish middle part and mermaid waves.

AYÇA
JEWELRY DESIGNER

"I needed an anti-dandruff solution that allows my unique summer style to shine."

CHO: Ayça's hairstyle should be as fashionable and fresh as the jewelry she designs. After she tried **Suave® Scalp Solutions Nourishing Coconut & Shea Butter**, we added drama to her natural beachy curls by giving her a deep side part, emphasizing her healthy-looking scalp.

MELISSA
MUSICIAN

"My itchy, flaky scalp kept me from trying trendy hairstyles."

CHO: Melissa made **Suave® Scalp Solutions Invigorating Mint & Eucalyptus** a part of her daily hair care routine, then we got creative with a fun fishtail. Without worrying about dandruff, Melissa can feel free to experiment with trendy braids, twists and buns she can wear from the streets to the stage.

Visit RealBeauty.com/Suave for a chance to **win a makeover from Jenny Cho in Los Angeles!**

No purchase necessary to enter or win. Suave Scalp Solutions Sweepstakes sponsored by Hearst Communications, Inc. Beginning March 16, 2012, at 12:01am (ET) and ending May 31, 2012, at 11:59pm (ET), enter online at www.RealBeauty.com/Suave. Prize (1): 3-day, 2-night trip to Los Angeles including airfare and hotel to receive a makeover by Jenny Cho (TOTAL ARV $2,500). Prize (2): Set of Suave Scalp Solutions Shampoo and Conditioner (TOTAL ARV $6). Odds of winning depend on the number of eligible entries received. Offered only in the 50 United States or District of Columbia ("U.S.") to residents of the U.S. 18 years or older. Void where prohibited by law. Sweepstakes is subject to complete official rules available at www.RealBeauty.com/Suave.

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WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

PHOTOGRAPHED BY COLETTE DE BARROS. HAIR AND MAKEUP: SUNNIE BROOK AT CELESTINE AGENCY. SHOT ON LOCATION AT THE PARKER PALM SPRINGS.

TREND WITH BENEFITS

Sexy/cool open-knit sweaters

Meet spring's most popular new piece. These knits are everywhere—preppy ones, New Wave–ish ones, drapey earth-mama ones—so it's impossible not to find your perfect, wardrobe-complementing option.

They're light, easy... and super-flattering. This airy alternative to your best-loved cardigan not only delivers a fun hit of color and texture, but it's also a happy refuge for those of us who aren't crazy about our upper arms.

Also, men like them. There's really nothing sexier than a grown-up game of peekaboo.

Sweater, Lands' End Canvas, $70; landsendcanvas.com. Tank, Market, $29; market-ts.com. Pendant, KiraKira, $98; kirakirajewelry.com. Necklace, Elk, $45; elkaccessories.com. Shorts, Ted Baker London, $125; tedbaker.com.

TREND WITH BENEFITS

IT'S TIME TO DECLARE **OPEN SEASON** IN YOUR **CLOSET**

1 Club Monaco, $150; clubmonaco.com for locations.

2 H&M, $49.95; hm.com for locations.

3 Ann Taylor, $88; anntaylor.com.

4 Daisy Fuentes, $50; kohls.com.

5 525 America, $120; 525 america.com.

6 American Eagle Outfitters, $39.50; ae.com.

Slip 'em over a bold cami...

Hanes, $14; hanes.com.

Mossimo for Target, $9; target.com.

Or throw them over white!

Katie Holmes is all relaxed chic in a holey beige version.

BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE FOR R.J. BENNETT REPRESENTS. HOLMES: GETTY IMAGES.

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Take it easy (and be chic!)

Here's the bedrock of supermodel style: Never look like you tried too hard. Elle Macpherson elaborates.

Check Elle out on NBC's new design competition, *Fashion Star*.

IF YOU WANT TO LOOK FRESH... "Don't wear much makeup during the day. I just do a little Revlon mascara, and I can't live without bronzer—it gives me that Australian glow, even in rainy London."

Revlon PhotoReady Bronzer, $12.99, and PhotoReady 3D Volume Mascara, $8.99; revlon.com.

She knocked the heels off the fashion world at a gala in 2005.

WHAT TO DO WITH A BLAH OUTFIT: "Take it off! There's no point in wearing something that doesn't help you feel confident or work for your individual personality or style."

CONSIDER THE MIX: "I like to combine one great new piece with something laid-back. I've been doing this since the '80s, when I first started pairing fancy designer jackets with jeans and a tee."

1 Jacket, Talbots, $189; talbots.com.
2 T-shirt, MiH Jeans, $74; mih-jeans.com.
3 Jeans, DKNY Jeans, $59; macys.com.

DON'T TORTURE YOUR FEET! "Comfort is super-important to me. I can't, say, focus on other people if my feet hurt. So I often like to wear a long gown with flip-flops. It feels effortless to me."

4 Dress, Donna Morgan, $158; donna-morgan.com.
5 Flip-flops, Tkees, $48; singer22.com.

Bra, $45, and panties, $22, Elle Macpherson Intimates; revolveclothing.com.

WHAT YOU HAVE ON UNDERNEATH MATTERS: "Lingerie can change your whole mood. I really try to only wear beautiful pieces—they make me feel sexy and feminine."

The more worn-in, the better!

YOU CAN NEVER GO WRONG WITH... "Cowboy boots. I wear them everywhere, from Sydney to Los Angeles to Connecticut. They have a rugged glamour that *always* works."

Boots, The Frye Company, $248; thefryecompany.com.

MACPHERSON, FROM TOP: NICK HUDSON/AUGUST, GETTY IMAGES. STILLS: BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE FOR R.J. BENNETT REPRESENTS.

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Your new essential dress

It's **highly flattering** on its own! It's just as nice layered over pants! Meet the bright, **versatile tunic dress** that'll blow your LBD out of the closet.

Dress, Calvin Klein, $128; Nordstrom.

1 *Funk things up*

Adding both ladylike *and* artsy accessories gets you somewhere awesomely unique.

Earrings, Vintage 66 by Alex and Ani, $38; alexandani.com. Sunglasses, Tommy Bahama, $129; tommybahama.com. Scarf, Simply Vera Vera Wang, $45; kohls.com. Belt, Express, $34.90; express.com. Bag, Talbots, $99; talbots .com. Moccasins, Johnnie B, $88; bodenusa.com.

2 *Sail through Saturday*

Nantucket-lady touches will carry you from a.m. errands to dinner and a movie.

Tank, Gap, $19.95; gap.com. Belt, J.McLaughlin, $42; jmclaughlin.com. Watch, Mark, $40; meetmark.com. Bag, Target, $29.99; target .com. Jeans, Guess by Marciano, $138; guessbymarciano .com. Bangle, Belle Noel, $65; endless .com. Sandals, Ciao Bella, $38; macys.com.

BEN GOLDSTEIN/STUDIO D. STYLIST: SABRINA GRANDE FOR R.J. BENNETT REPRESENTS. HAT, BLACK BAG: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: MARY ELLEN MUNGUIA FOR MARK EDWARD INC.

3 *Work it on out*

With a hot pink (but very elegant) jacket, the look is perfectly professional—and supremely confident.

Jacket, Caché, $118; cache.com. Necklace, C. Wonder, $68; cwonder.com. Bag, Lulu's, $40; lulus .com. Heels, Joan & David, $150; piperlime.com.

4 *Get prepped*

Wearing a gingham shirt underneath has a classic sweetness; keep it going with pretty flats.

Shirt, Old Navy, $24.94; oldnavy.com. Bracelet, Juliet & Company, $39; julietandcompany .com. Flats, Nine West, $79; Nine West.

5 *Play the cool girl*

A hipsterish fedora and fun kicks take this outfit downtown in just the cutest way.

Hat, D&Y, $25; shopdavidand young.com. Jacket, Kenneth Cole, $130; Kenneth Cole. Ring, Sorrelli, $48.30; sorrelli .com. Sneakers, Old Navy, $17.94; oldnavy.com.

HILTON HHONORS

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–especially

when they slept in a separate room.

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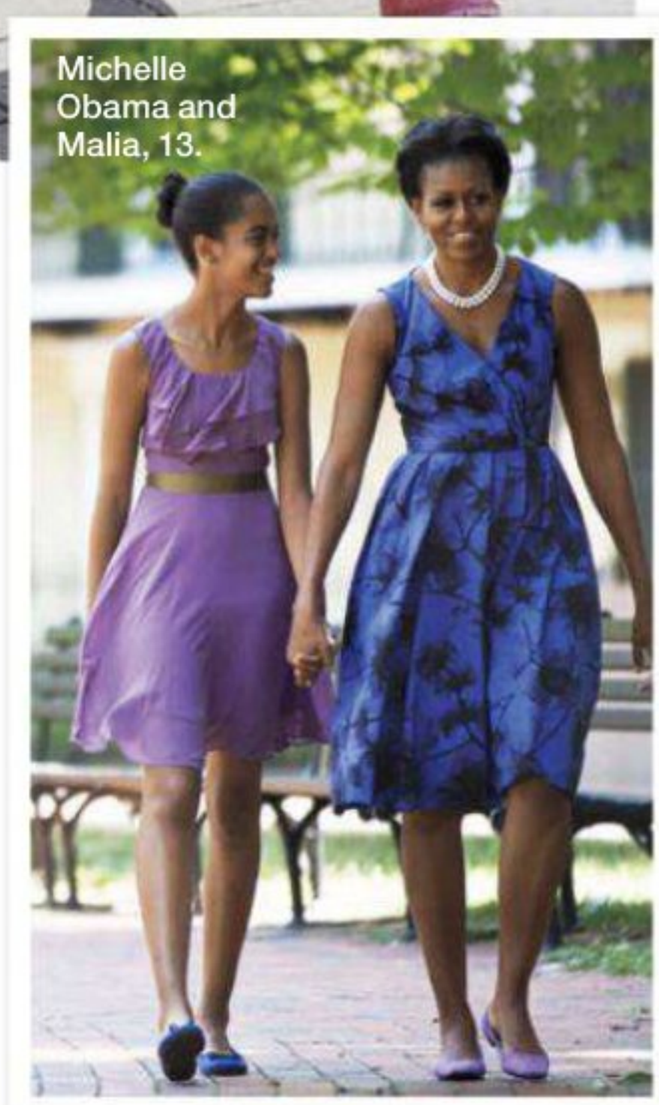
Celeb style recipes

Famous moms *are* just like us: They need great fashion formulas! These looks will get you out the door (and looking snazzy) in about a minute.

Kelly Ripa and Lola, 10.

kids' style

Dress, The Children's Place, $39.95; childrensplace.com.



Michelle Obama and Malia, 13.

ladylike dresses & heels

The shapes are structured and classic, the colors are fun—slip these on and you're a knockout.

Floral dress, Banana Republic, $150; bananarepublic.com. Pumps, ShoeDazzle, $39.95; shoedazzle.com. Halter dress, London Times, $99; Macy's. Wedges, Fergalicious by Fergie, $49.99; famousfootwear.com.

STILLS: CHRISTOPHER COPPOLA/STUDIO D. STYLIST: MARY ELLEN MUNGUIA FOR MARK EDWARD INC. RIPA: PAPSFIRST/SPLASH NEWS. OBAMA: GETTY IMAGES.

LOOK GREAT UPDATE

Jessica Alba and Honor, 3.

bold stripes & cropped pants

Pairing the timeless sailor top with easy-cool pants gives it an instant hipster update.

Top, Cable & Gauge, $32; cableandgauge.com. Pants, Guess by Marciano, $148; guessbymarciano.com. Flats, Qupid, $25; lulus.com.

Gwen Stefani and Zuma, 3.

Top, Ann Taylor, $38; anntaylor.com. Pants, Merona for Target, $24.99; target.com. Wedges, Tommy Hilfiger, $79; tommy.com.

Padma Lakshmi and Krishna, 2.

kids' style

Onesies, Mini Boden, $54 for 5; bodenusa.com.

kids' style

Dress, Old Navy, $24.94; oldnavy.com.

Sarah Jessica Parker and James Wilkie, 9.

ALBA: LRR/FAME PICTURES. LAKSHMI: MEJIA/ASADORIAN/SPLASH NEWS. STEFANI: FILMMAGIC/GETTY IMAGES. PARKER: AAR/FAME PICTURES. WITHERSPOON: X17AGENCY.COM. PALTROW: SPLASH NEWS.

long skirts & sandals

A maxi-length dress or skirt can go casual for day or boho-glam for night.

T-shirt, Aerie, $19.50; aerie.com. Scarf, Mossimo for Target, $14.99; target.com. Skirt, Forever 21, $24.80; forever 21.com. Sandals, Naya, $90; nordstrom.com.

Dress, BB Dakota, $105; southmoonunder.com. Jacket, H&M, $29.95; hm.com for locations. Sandals, Payless, $24.99; payless.com.

Reese Witherspoon and Deacon, 8.

button-downs & jeans

The combo you've loved forever feels brand-new in jelly-bean colors and slim fits. Just add sandals.

Shirt, J.Crew, $78; jcrew.com. Jeans, Aéropostale, $24.75; aeropostale.com. Bag, Shop Suey, $68; shopsueyboutique.com. Sandals, Ivanka Trump, $150; ivankatrump.com.

kids' style

Shirt, Arizona, $16; jcp.com. Tie, Nautica, $14.99; nautica.com.

Gwyneth Paltrow and Apple, 7.

Shirt, Eddie Bauer, $60; eddiebauer.com. Jeans, DKNY Jeans, $59; macys.com. Wedges, Me Too, $89; Lord & Taylor.

Still lookin'? Go to redbookmag.com/celebmoms to see even more celeb-inspired outfits.

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5 TRICKS TO...

Smell gorgeous

The right fragrance can lift your mood, entice your guy, and boost a blah workday. Just follow these steps to find a scent even a perfume-phobe would love. By Cristina Mueller

TIM PETERSEN/FOLIO-ID.COM.

BEAUTY TRICKS

1 GO **FRESH** AND **CLEAN** FOR DAY

Unless you work on, say, the Macy's beauty floor, you may wonder whether it's appropriate to wear fragrance to the office. After all, you don't want to be the coworker leaving a thick trail of tuberose in her wake. But stick with gentle or crisp fragrances and you'll be golden. "Studies show that people feel safe around the scent of baby powder, while the smells of green apple and cucumber help decrease anxiety," says Alan Hirsch, M.D., founder of the Smell & Taste Treatment and Research Foundation in Chicago. For an understated option, DKNY Be Delicious (below), $80 for 3.4 oz, has notes of both green apple and cucumber. Or try Demeter Baby Powder (which smells exactly like a baby's clean skin), $20 for 1 oz.

3 SPRITZ CONTROL!

Apply fragrance to pulse points like your neck, inner wrists, and behind your ears; these areas give off heat, which diffuses the scent. Also, consider the concentration: One or two drops of perfume and three to five sprays of eau de parfum or eau de toilette are plenty. If you over-douse, rub the area with a wet, soapy washcloth or a little unscented baby powder; it'll absorb the smell.

4 LET IT LINGER

Heading out after work but hesitant to re-spritz? Make your fragrance last all day (and then some) with this a.m. trick from Vasnier: Rub an unscented body lotion where you plan to mist. "It captures the scent so it stays on the skin without evaporating," he says.

2 Smell **sexy** (not vampy)

For a soft, sultry fragrance, "try a mix of light florals, such as orchid and lavender, with musk or woody notes," says Laurent Le Guernec, a senior perfumer at International Flavors and Fragrances. He likes Lovely by Sarah Jessica Parker ($65 for 3.4 oz). Yann Vasnier, a senior perfumer at Givaudan fragrance house, says that "men find food notes, like grapefruit and vanilla, attractive." Try Prada Candy ($80 for 1.7 oz) or Marc Jacobs Lola ($88 for 3.4 oz). And why do *we* love pink grapefruit? A study found that men thought women wearing it were *six years* younger than their actual age.

5 **STILL NERVOUS?**

Instead of wearing full-on fragrance, buy a body lotion from a perfume collection and smooth it on only your arms or décolletage. These formulas are infused with just a dash of the notes—plus, at about half the cost of the actual juice, it'll save you some cash.

From top: Burberry Body Milk, $50; Yves Saint Laurent Parisienne Body Lotion, $40.

PERFUMES: COURTESY OF MANUFACTURERS. WOMAN: TAKASHI SEKIGUCHI/GETTY IMAGES. CUCUMBERS, ORCHIDS: GETTY IMAGES.

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Tea&Honey
Blackberry Pomegranate
ICED GREEN TEA MIX
New
Lipton
Tea&Honey
5
CALORIES
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Blackberry Pomegranate
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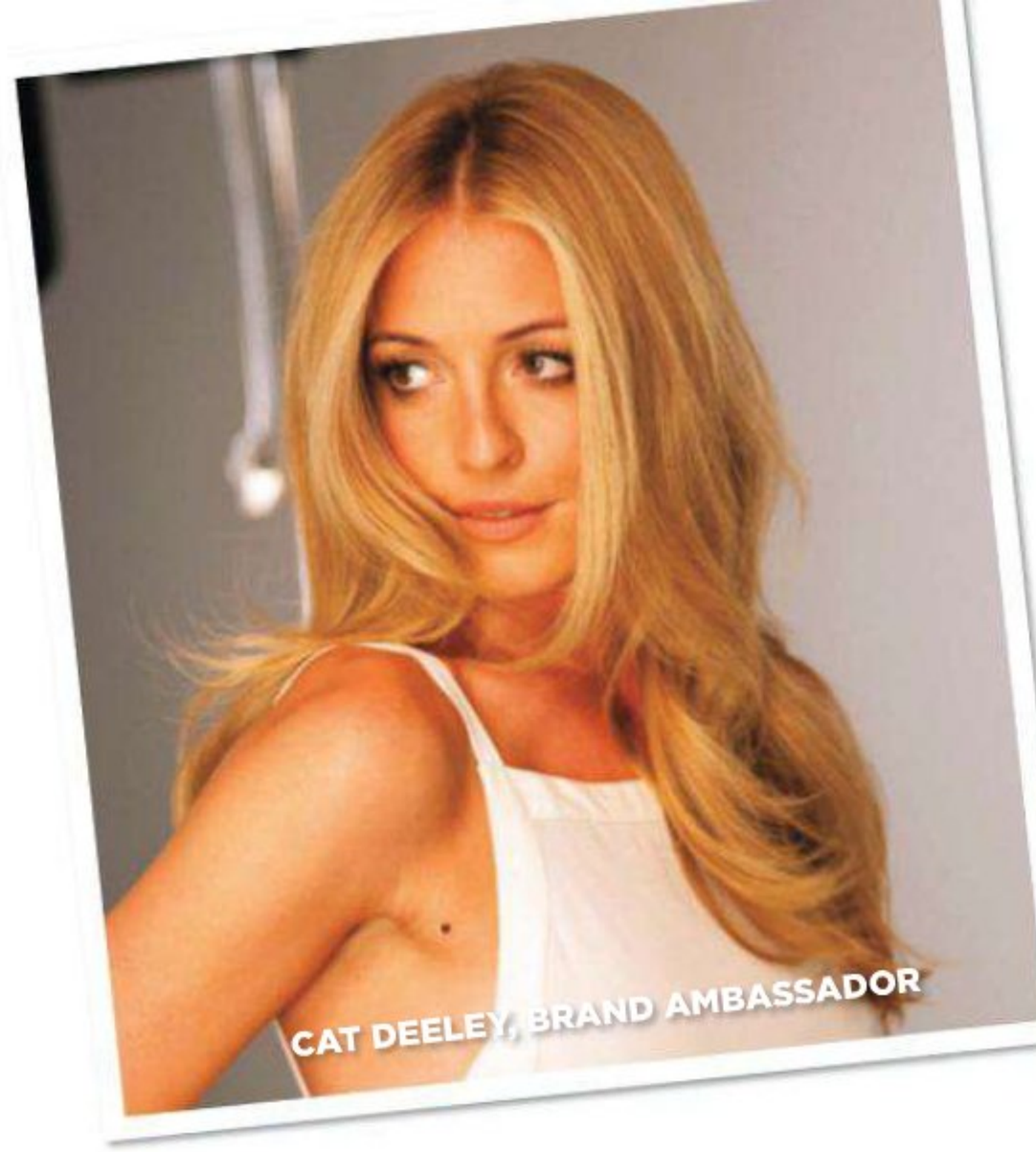
CAT DEELEY, BRAND AMBASSADOR

LET'S FACE IT: THE QUEST FOR SHINY, NOURISHED STRANDS CAN SOMETIMES COME AT A COST—HEAVY CONDITIONING PRODUCTS CAN LEAVE HAIR WEIGHED DOWN.

PANTENE'S NEW AQUA LIGHT COLLECTION RETHINKS HEAVY CONDITIONING AND LEAVES YOUR HAIR WITH BODY AND SWISSSHABILITY. DR. JENI THOMAS, PANTENE PRINCIPAL SCIENTIST, EXPLAINS, "THE AQUA LIGHT COLLECTION IS SPECIALLY DESIGNED TO GIVE HAIR THE NOURISHMENT IT NEEDS, BUT WITH NO WEIGHT!" READ ON TO LEARN MORE...

"HEALTHY, LIGHT, AND FREE—JUST LIKE HAIR SHOULD BE!"

—cat Deeley

Swissshable hair! "**PANTENE AQUA LIGHT SHAMPOO** is formulated with lightweight ingredients, so it doesn't weigh hair down," explains Thomas. The Clean Rinse formula gently cleans away weighty residue and lightly nourishes wet hair.

Get the extra nourishment* you need. "**PANTENE'S AQUA LIGHT CONDITIONER** strengthens hair against damage and rinses clean in seconds, leaving you with lightweight, nourished hair," says Thomas.

*vs. Aqua Light shampoo alone.

Go ahead...leave it on! The **PANTENE AQUA LIGHT WEIGHTLESS CONDITIONING SHAKE** provides a weightless layer of detangling and heat protection, all in one. "This multi-tasking, leave-on spray helps make your beauty routine quick and easy," explains Pantene Celebrity Stylist Danilo.

GET YOUR *SWISSSH* ON

MASTER THE STYLES YOU LOVE FOR SPRING WITH THESE TIPS FROM DANILO.

TOUSLED BEACHY-WAVE HAIR:

Wash and condition hair, use a few sprays of the **Pantene Aqua Light Weightless Conditioning Shake**, and then air-dry for loose beachy waves.

CLASSIC PONYTAIL:

Before pulling hair into a ponytail, spritz **Pantene Aqua Light Weightless Conditioning Shake** onto dry hair for a touchably soft, groomed look.

Love what you see? Learn more about Aqua Light at FACEBOOK.COM/PANTENE

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*shampoo and conditioner system vs. non-conditioning shampoo.

QUICKIE WAYS TO PUT MORE PEP IN YOUR PREP

1 **A candle-size garden** The scent is inspired by the freesia, rose, and jasmine on Elton John's estate, and a portion of the proceeds goes to his AIDS foundation. Sir Elton John's Woodside Garden by Nest Fragrances candle, $38.

2 **Speedy spot removal** Blemish treatments can leave behind a crusty patch or dark spot—but this one has niacinamide, which helps protect skin from drying out and scarring. Smart! Philosophy Clear Days Ahead Fast-Acting Acne Spot Treatment, $18.

3 **Magic dust** Didn't go on a tropical spring break? Fake it with this highlighter: It flatters everyone and gives *great* glow. Elizabeth Arden Pure Finish Highlighter in Rose Illumination, $34.

4 **Shadow all-stars** The ticket to fresh summer eyes: this mix of shimmery neutrals, a sheer sea blue, and a black powder liner. Revlon CustomEyes Shadow & Liner in Beach Beauty, $8.99.

5 **Gorgeous eyes to go** This combo, with a sparkly peach rollerball eyeshadow (no brush needed) and a bronze pencil, makes getting glam as easy as one, two—oh, wait, that's it! Hard Candy That's How Eye Roll in Drama, $6.

6 **Pocketful of happy** The cheerful tube will perk you up whenever you pull it out, and the fresh, floral-scented lotion sinks right in for a silky finish. Avon Care Spring Hand Cream, $2.50.

7 **Bargain brushes** For the cost of one department-store makeup brush, you get four—two for shadow, one for powder, and one for blush—plus a cute waterproof pouch. Victoria's Secret Makeup Essential Brush Kit, $25.

8 **Loud mouth** A simple, pretty way to work the neon trend: Swipe on a bright fuchsia lipstick and smile big. Top Shop Make Up Lips in All About Me, $15.

9 **Hair tamer** Jennifer Hudson's hairstylist Tippi Shorter designed this leave-in conditioner for women with coarse texture. It knocks out frizz, adds luster, and leaves unruly strands super-soft. Hair by Tippi Shorter Glaze, $13.

GREG MARINO/STUDIO D. EYESHADOW, AVON LOTION: BEN GOLDSTEIN/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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Beauty-ful Mother's Day Gifts

Whether she's your sister-in-law, best friend or mom, Mother's Day is the perfect time to recognize all the moms in your life. Flowers and a card can seem impersonal, so we asked best friends and mom bloggers **VERA SWEENEY** and **AUDREY MCCLELLAND** for gift-worthy beauty essentials to make every mom look and feel gorgeous from head to toe. And, bonus—many of the products featured are beauty award winners, chosen by the editors of your favorite magazines.*

"No two mothers are the same, so putting together a made-for-her beauty kit adds a personal touch to show her how much you're thinking of her."

3 MOTHER'S DAY GIFT IDEAS!

VERA SWEENEY is a mom of 2, leading style/mom blogger and founder of 2 blogs **(ImNotObsessed.com** and **LadyandtheBlog.com)** and co-founder of **GettingGorgeousEvents.com**.

AUDREY MCCLELLAND is a mom of 4, a leading style/mom blogger at **MomGenerations.com** and co-founder (with Vera) of **GettingGorgeous Events.com**.

Bloggers were compensated for their participation in this program.

*Includes awards for brands featured from *ELLE*, *Good Housekeeping*, *Marie Claire*, *O, The Oprah Magazine* and RealBeauty.com in 2010–2012.

Give her more time to work out with **PANTENE FINE HAIR SOLUTIONS VOLUME 2-IN-1 SHAMPOO & CONDITIONER**, which cleans and conditions hair in one step for weightless body.

SECRET CLINICAL STRENGTH WATERPROOF DEODORANT. With a multi-pack, she can stash a stick in her gym bag and feel fresh after a lunchtime exercise escape.

VENUS® BIKINI TRIMMER For a mom whose life is in the lap lane, it's always swimsuit season—help her sport hers with confidence.

OLAY 2-IN-1 DAILY FACIAL CLOTHS. With a special texture to gently exfoliate and smooth skin by cleansing away dirt and makeup, she can start her workout with a clean palette.

PUFFS ULTRA SOFT & STRONG FACIAL TISSUES. Designed to be strong so she can use just one, Mom can keep her gym bag light.

OLAY ULTRA MOISTURE BODY WASH. Gently cleanses while also moisturizing even the driest skin for up to 24 hours for a little post-workout pampering.

1 WORKS OUT PERFECTLY!

"For the woman who (almost) never misses a workout, you can't go wrong with sporty beauty essentials that are functional and make her feel fabulous!" observes Audrey. This Mother's Day, pack up a cute gym bag with these must-have beauty products bearing the seal of approval from your favorite magazines.

OLAY LUSCIOUS EMBRACE™ MASSAGING BODY BAR AND BODY LOTION. Help Mom escape with a rich emulsion of jojoba butter and crushed orchid extract.

FEKKAI SHEA BUTTER DAMAGE PROTECTING HAIR MASK. Make her feel like a million bucks courtesy of a restorative, intensive hydrating treatment to restore moisture and manageability.

COVERGIRL LASHBLAST VOLUME BLASTING MASCARA. Maximize a makeup-loving mom's every last lash.

CREST 3D WHITE 2-HOUR EXPRESS WHITESTRIPS. Give an on-the-go mom a noticeably whiter smile in just 2 hours.

OLAY REGENERIST MICRO-SCULPTING SERUM. Hydrates to significantly firm skin in 5 days.

2

PERFECTLY PAMPERING

"We all know the mom who's always up on the latest beauty trends and spa treatments," notes Vera. Let her create her own spa day—minus the expensive price tag—by tucking a collection of award-winning beauty picks into a luxe basket.

3

SIMPLY BEAUTIFUL

"This is the mom who takes care of everything with grace and no fuss," notes Audrey. Even though she's low maintenance, you can make her day even more special by gathering award-winning beauty necessities into a chic caddy.

AUSSIE 3 MINUTE MIRACLE. Give her the gift of deep conditioning in less time than a time-out.

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real beauty 2011 GOLD STAR AWARDS

IVORY BODY WASH. Pamper the one who pampered you—with a body wash rich in lather and light in scent.

EXCLUSIVE GIFT OFFER

Get this sleek, stylish combination clutch wallet and phone case when you purchase $50 worth of qualifying products featured in this section. (Venus, Olay, Secret, COVERGIRL, Nice 'n Easy, Pantene, Crest 3D White, Aussie, Puffs, Fekkai or Ivory).*

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For Sharon's brand of glam, try (clockwise from top right): Cover Girl Wetslicks Gloss in Red Riot, $6.25; Dior Capture Totale One Essential serum, $120; Dior eyebrow pencil in Blonde, $29; Philosophy Here Comes the Sun SPF 40 for Face, $30.

BEAUTY CHAT WITH...

Sharon Stone

When we saw this image from a recent photo shoot of the 54-year-old actress and Dior spokeswoman, our first thought was, *Damn*. Our second thought: What can a normal human do to look remotely that good? For the deets, we went straight to the source.

Sharon's skin-care essential: "When I was 12, my mom handed me a jar of moisturizer and said, 'Put this on morning and night, and you'll thank me.' I'm still thanking her. It makes my skin look plumper and more radiant."

In her bag: "Sunscreen—I don't set foot outside without slathering it on—a hairbrush, a ponytail holder, Mentos, and Purell. I'm always in airports!"

Red-carpet secret: "I put on all of my makeup, then get into a hot bath. The steam helps the makeup sink in and makes my skin look dewy."

Nighttime go-to: "I'm really into red lips again. Whether it's a sheer gloss or a deep, vampy lipstick, I just love how elegant it is. Also, Dior makes this fantastic brow-filler pencil—it looks completely natural."

And what she's learned after 30-plus years as a stunner: "Well, these days I get up every day at 6 a.m. with my children—that's sure changed my approach to beauty! As I get older, I'm more secure. When I was younger, I was a lot less confident than I am now." —KAYLEIGH DONAHUE

REDBOOK ROAD TEST

SO HOW LONG DOES LONG-WEARING MAKEUP REALLY LAST?

Bobbi Brown Long-Wear Cream Shadow, Long-Wear Eye Pencil, and Intensifying Long-Wear Mascara, $24 each. Stay-put claim: 12 hours for the shadow and liner, 16 hours for the mascara. Reality check: "I rub my eyes a lot, and the shadow hung on, but creased by lunch. The liner and mascara stuck around until bedtime without so much as a smudge." —Meredith Rollins, executive editor

Maybelline New York SuperStay 14HR Lipstick, $8.99. Stay-put claim: 14 hours. Reality check: "This creamy lipstick didn't feel at all drying, but when I checked my lips at the end of the workday, they looked a tad flaky. Still, the color was gorgeously bright and survived three meals, including a messy, multi-napkin croque monsieur." —Kayleigh Donahue, beauty editor

Rimmel London Lasting Finish 25-Hour Foundation, $7.48. Stay-put claim: 25 hours. Reality check: "It held up all day without caking, and made my blush last longer too. By the next morning it had faded—luckily, not onto my pillows. But really, who needs a foundation that lasts overnight?!" —Ashley Niedringhaus, editorial assistant

Come on out! It just got a lot easier to be a natural beauty.

Eco beauty, simplified

Whole Foods is cracking down on all the false advertising surrounding organic products. Now every hair, skin, and makeup item sold in its stores with the word *organic* in the brand name must be made of at least 70 percent organic ingredients and certified along strict guidelines. If *organic* is part of the product name, that number jumps to 95 percent. —K.D.

CLOCKWISE FROM TOP LEFT: FREDERIC AUERBACH FOR CHRISTIAN DIOR PARFUMS, GREG MARINO/STUDIO D (2), COURTESY OF DIOR, J MUCKLE/STUDIO D, PLAINPICTURE/PICTORIUM, GREG MARINO/STUDIO D (3), MEDIOIMAGES/PHOTODISC/GETTY IMAGES.

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Get sexier legs by summer!

First step: Banish annoying, un-pretty veins, with speedy new treatments. Trust us, you're on your way to younger-looking legs.

Those first few itsy, bitsy spider veins on our legs were no biggie. (Outta sight, outta mind.) But at some point in our 30s, the suckers started to multiply. Then a couple of the other, varicose kind appeared—and we found ourselves parked in front of the mirror, scrutinizing the backs of our legs with furrowed brows. Can you relate? Unfortunately, there's no way to prevent varicose and spider veins, but there *is* something you can do about them. In the past, vein-zapping treatments were lengthy and painful, but today, they can be done in an hour or less with virtually no pain and only minor bruising. (What *doesn't* work, however, are creams that promise to magically slather veins away—they sound too good to be true, and they are.) If you're thinking about taking action on your leg veins, here are the pros and cons to consider, plus one simple camouflage trick that works on *everyone*.

SPIDER VEINS: These swollen capillaries, which can pop up anywhere, look like tiny webs under the skin.

WHAT YOU CAN DO ABOUT THEM: A dermatologist or vascular surgeon can nix those squiggles with sclerotherapy, which involves injecting a solution into the veins that destroys them gradually over about 12 weeks. "The original saline solutions stung like crazy, but new FDA-approved detergent formulas such as Asclera don't hurt—you just feel a mild prickling sensation," says Tina S. Alster, M.D., a clinical professor of dermatology at Georgetown University Medical Center.

BUT KNOW THIS FIRST: It'll cost you $250 to $350 per treatment to nab a small cluster of veins, $500 to $800 per treatment for a full leg (and you may need more than one treatment to get all of them). If you're prone to spider veins, new ones can pop up after a couple of years, so you might want more treatments down the pike.

THE SECRET FIX FROM REDBOOK'S BEAUTY GURU: "When I was 28, my then-boyfriend, thinking I'd sat on a blue pen, attempted to *rub off* my spider veins with his finger," admits beauty director Victoria Kirby. "That moment spurred me to find the best makeup to hide them, and after a lot of trial and error—ever tried applying concealer to the backs of your own thighs?—I found it: St. Tropez One Night Only Instant Glow Lotion, $18. This body bronzer does the trick because it's shimmer-free and won't budge until you shower. And it's not a self-tanner, so you can slap it on without thinking... or contorting yourself."

VARICOSE VEINS: These large, raised, and sometimes painful veins typically appear on the thighs, inner legs, and the backs of the calves.

WHAT YOU CAN DO ABOUT THEM: The options in this area have come a long way. The old method, vein stripping—a surgery that involved literally pulling the veins out of the leg (*yeeowww*)—is obsolete. "Now, vascular surgeons use lasers or radiofrequency technology to painlessly shrink the veins," says Mark Adelman, M.D., chief of vascular and endovascular surgery at New York University's Langone Medical Center. It takes about a minute to treat each vein, which then recedes and vanishes over the next eight weeks.

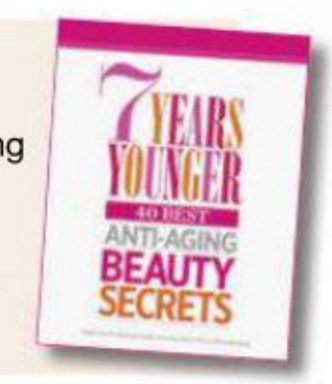
BUT KNOW THIS FIRST: The procedure sounds simple, but it requires a vascular surgeon—so it ain't cheap. If your veins are painful, insurance covers the cost; if not, expect to pay a steep $2,000 to $6,000 per leg, depending on the number of veins. And you may not be set for life: About 25 percent of patients report a couple of new veins appearing after five years. —MARY ROSE ALMASI

KENNETH WILLARDT/TRUNKARCHIVE.COM.

Go on, show some leg! New treatments will make you excited about shorts season.

COMING NEXT MONTH...

7 Years Younger, a new page featuring the latest research and expert tips on how to slow the aging process. To kick things off, we're offering you a free downloadable booklet, *The 40 Best Anti-Aging Beauty Secrets*, at 7yearsyounger.com/antiagingsecrets.



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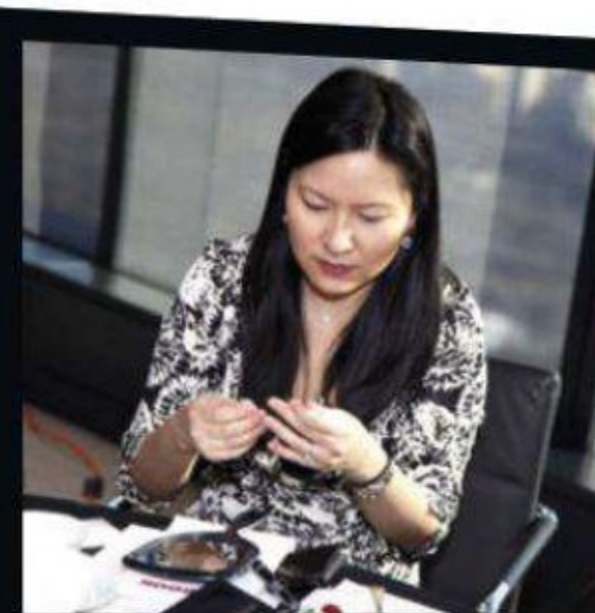
2012's Most Valuable Products

REDBOOK assembled a crack team of industry pros—busy moms, all—to test *hundreds* of new beauty products. Their lips, lashes, and noses are still recovering (49 perfumes is nothing to sniff at!), but it was worth it to find the best buys you'll make this year—and love eternally. By Gina Way

PRODUCT COMPOSITION: CHARLES MASTERS. STYLIST: JASON GLEDHILL FOR HALLEY RESOURCES. BEHIND THE SCENES, PORTRAITS: CHRIS ECKERT/STUDIO D.



HERE'S HOW WE DID IT! REDBOOK unleashed 22 expert judges on a Sephora-size bonanza of makeup, nail polishes, and fragrances, then loaded them up with skin, body, and hair products to test at home.

REDBOOK
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MOST VALUABLE PRODUCTS 2012
intensive clarity treatment
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And the winners are...

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makeup

BEST LIPSTICK Shiseido Shimmering Rouge Lipstick, $25 "It has a beautiful, velvety feel, a touch of shine, and a slim tip that made it a cinch to swipe on," said makeup artist Laura Geller. Her fave shade was Golden Dragon, a lush crimson.

BEST PRIMER La Roche-Posay Anthelios 50 daily anti-aging primer, $39.50 "This made my skin look flawless," said dermatologist Phoebe Lu. Plus, "it's free of oil and fragrance, so it's safe for both acne-prone and sensitive skin."

BEST NEUTRAL NAIL POLISH Essie Nail Polish in Brooch the Subject, $8 "Sophisticated and chic," said mononymed manicurist Elle of this glossy, sandy beige. "My celebrity clients loved it, and I used it at a few fashion shows, where it worked with all kinds of clothes. Nice!"

BEST FACE POWDER Koh Gen Do Snowy Pink Powder, $42 "It's unbelievably silky and gave my skin a gorgeous, realistic glow that didn't look at all 'powdered,'" raved dermatologist Diane Berson of this finely milled, universally flatting formula with light-reflecting pigments. The jumbo-size jar lasts for months!

BEST MASCARA Yves Saint Laurent Volume Effet Faux Cils Shocking Mascara, $30 Our judges went *buh-nanas* for this formula. "It thickens, lengthens, and has a blueish tint to illuminate the whites of the eyes," Geller said. Spa owner Cindy Barshop raved: "My eyes looked bigger and brighter."

BEST HIGHLIGHTER Tarte Maracuja Blush & Glow, $32 "I hate carrying around a lot of products, so I loved the two-in-one packaging," said hair colorist Louise O'Connor. (The luminizer is in the tube and the cream blush is hidden in the cap.) "The colors were soft and healthy-looking—especially with the highlighter dabbed on top."

BEST LIP BALM, REGULAR Fresh Sugar Lip Treatment Advanced Therapy, $25 "I felt the healing effects immediately," said hair colorist Sharon Dorram of this balm, which has cupuaçu butter and passionflower-seed oil in it. **TINTED** Revlon ColorBurst Lip Butter, $7.49 "You can really see the color on your lips, and I loved the conditioning feel," said makeup artist Kimara Ahnert.

BEST LIP GLOSS MAC Cosmetics Pro Longwear Lipglass, $19.50 "The color lasted *all* day and stayed shiny for hours," said hair colorist Gina Gilbert, who was crazy about the texture: "I loved that it was so creamy, not sticky."

STILLS: JEFFREY WESTBROOK/STUDIO D.

Can't get enough of our all-star

& nails

➤ BEST EYESHADOW Chanel Illusion d'Ombre Long-Wear Luminous Eyeshadow, $36 "The silky formula is easy to blend, but doesn't budge once it sets," said Ahnert of this ultra-pigmented cream shadow. Her must-get shade? Illusoire (right). "It's beautiful swished all over the lids for a shimmering, smoky effect."

➤ BEST BRIGHT NAIL POLISH Sally Hansen Diamond Strength No-Chip Nail Color in Heart to Heart, $4.95 "This orange-y red isn't flashy, and it suits all skin tones because it has yellow *and* pink undertones," explained manicurist Roxanne Valinoti.

➤ BEST BRONZER Josie Maran Argan Brightening Bronzer, $30 "Some bronzers are too red or dark, but this golden color looked so natural," said hairstylist Jennifer Lawrence of this hydrating, one-shade-fits-all find.

➤ BEST CONCEALER Almay Clear Complexion Concealer + Treatment Gel, $9.99 It's thick enough to hide zombie eyes and comes with a salicylic-acid gel to shrink zits. "Total lifesaver!" said REDBOOK deputy editor Jennifer Tung.

➤ BEST EYELINER Physicians Formula Shimmer Strips Eyeliner Trio, $10.95 "The skinny little points made these super-easy to put on," said Lisa Price, founder and president of Carol's Daughter, of this set of black, gray, and silver mechanical pencils.

➤ BEST TINTED MOISTURIZER Nars Pure Radiant Tinted Moisturizer SPF 30/PA+++, $42 Oil-free, with a vitamin C derivative to brighten skin over time? Shazam! "It made my skin look so luminous," said makeup artist Sonia Kashuk. Berson added, "It really diminished the appearance of pores."

➤ BEST BLUSH Maybelline New York Dream Bouncy Blush, $7.99 A royal flush: "It looks almost crazy-bright in the pot, but it goes on sheer and gives the prettiest, glowiest effect," said REDBOOK executive editor Meredith Rollins.

➤ BEST FOUNDATION Clinique Repairwear Laser Focus All-Smooth Makeup, $32.50 "It goes on smoothly and is the perfect amount of coverage for everyday," said our celeb judge, Ali Wentworth. And as dermatologist Macrene Alexiades-Armenakas pointed out, "It has peptides to boost collagen production and hyaluronic acid to plump skin."

WENTWORTH: TED SABARESE.

THE PROFESSIONALS

Meet our expert judges, whose sky-high standards determined our winners.

CELEBRITY JUDGE:
ALI WENTWORTH
ACTRESS, HOST OF THE WEB SERIES "DAILY SHOT WITH ALI WENTWORTH," AND AUTHOR OF *ALI IN WONDERLAND*

KIMARA AHNERT
OWNER OF KIMARA AHNERT MAKEUP & SKINCARE STUDIO IN NEW YORK CITY

MACRENE ALEXIADES-ARMENAKAS
ASSISTANT CLINICAL PROFESSOR OF DERMATOLOGY AT YALE UNIVERSITY SCHOOL OF MEDICINE

CINDY BARSHOP
OWNER AND FOUNDER OF COMPLETELY BARE SPAS IN NEW YORK CITY

DIANE BERSON
ASSISTANT CLINICAL PROFESSOR OF DERMATOLOGY AT WEILL CORNELL MEDICAL COLLEGE

More judges ➤

lineup? Two readers will each win 45 products! Enter at redbookmag.com/freebies. See page 214 for details.

body & fragrance

TRAE BODGE
COFOUNDER OF THREE CUSTOM COLOR SPECIALISTS AND SENIOR WRITER FOR RETAILMENOT.COM

DORIS DAY
CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY AT NEW YORK UNIVERSITY MEDICAL CENTER

SHARON DORRAM
HAIR COLORIST AND COFOUNDER OF SHARON DORRAM COLOR AT SALLY HERSHBERGER SALON IN NEW YORK CITY

JEANINE DOWNIE
DERMATOLOGIST AND DIRECTOR OF IMAGE DERMATOLOGY IN MONTCLAIR, NJ

ELLE
CELEBRITY MANICURIST WHO WORKS WITH CHARLIZE THERON AND BLAKE LIVELY

JENN FALIK
TV BEAUTY AND STYLE EXPERT WHO APPEARS ON THE *TODAY* SHOW AND *THE VIEW*

More judges ➤

➤ BEST BODY SCRUB H_2O+ Sea Moss Black Sand Body Scrub, $18.50 This hydrating exfoliator is the next best thing to a full-on spa treatment. "The fine black sand makes it so exotic," said REDBOOK reader (and exhausted mom of a newborn) Andrea Oyarzun-Merkel.

➤ BEST BODY LOTION Güd Natural Body Lotion, $7 "The buttery texture felt *so* luxe," said Maureen Kelly, founder and CEO of Tarte Cosmetics, of this moisturizer, which contains no parabens, phthalates, or petrochemicals and comes in three yummy scents.

➤ BEST SCENT FOR NIGHT Guerlain Shalimar Parfum Initial eau de parfum, $85 for 2 oz "It's both spicy and powdery—a striking combo!" said Price, a fan of the original Shalimar. She declared this version—a sexy mix of rose, jasmine, and vanilla notes—her new signature scent after just one spritz.

➤ BEST SCENT FOR DAY Chloé L'Eau de Chloé eau de toilette, $85 for 2.5 oz "One whiff reminded me of a beautiful fragrance I once found in Morocco," Dorram said of this just-barely-sexy blend of citrus, violet, rose water, and amber. "So delicate, yet slightly exotic."

➤ BEST HAND CREAM The Body Shop Almond Hand & Nail Cream, $18.50 It's loaded with shea butter and almond oil, but "it's not greasy," Barshop swore. "I reached for it multiple times a day!"

➤ BEST BODY WASH Güd Natural Body Wash in Orange Petalooza, $7 Free of harsh chemicals and made with natural skin-soothers such as sunflower oil, this cleanser won by a landslide. "It lathered really well," said Lu. Wentworth raved that the blood orange scent "smells so clean!"

➤ BEST SUNSCREEN Alba Botanica Sunscreen Sport Spray SPF 40, $10.99 "It didn't leave that mime-white film on my skin, and I like that it has antioxidants and mineral-based, broad-spectrum sunscreens," said dermatologist Doris Day. The clincher: "I took this on vacation, and my kids reached for it over and over. Usually I have to *beg* them to use sunscreen."

DOWNIE: RICHARD TITUS.

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skin

BEST ANTI-AGING CREAM Olay Regenerist Advanced Anti-Aging Wrinkle Revolution Complex, $24.99 This one-two punch for lines and spots "gives you effective peptides at a low price point and antioxidants like niacinamide to help even out skin tone," said Alexiades-Armenakas.

BEST ANTI-AGING SERUM PCA Skin Intensive Clarity Treatment, $106 The skin pros declared this 0.5% retinol serum a smart buy because it contains a potent dose of the wrinkle-fighting, spot-fading ingredient, along with licorice extract, "which helps brighten skin," Day said. "Together, you get faster results with less irritation."

BEST EYE CREAM Aveeno Positively Radiant Eye Illuminator, $14.99 A wake-up call for tired eyes, this cream has light-reflecting particles that immediately work on dark circles, as well as long-term skin brighteners. "It's moisturizing but not heavy, and I loved the glow it gave me on no-makeup days," said beauty expert Jenn Falik.

BEST ACNE TREATMENT SYSTEM Olay Professional Pro-X Clear Acne Protocol, $42 At last, an effective pimple-fighting system for grown-ups! "Teen acne products can irritate and dry out adult skin," explained dermatologist Jeanine Downie. "These use hydrating formulations that contain salicylic acid, which unclog pores more gently."

BEST FACE WASH Yes to Cucumbers Gentle Milk Cleanser, $8.99 A kinder way to wash away the day: "I love how creamy it is; it made my face feel so soft and clean," Oyarzun-Merkel said. "And you only need one or two pumps for your entire face." Elle noted, "It was soothing—and I loved the cucumber smell."

BEST EXFOLIATOR Simple Smoothing Facial Scrub, $7.99 This extra-gentle scrub "contains rice powder, a nonabrasive exfoliant, plus panthenol to moisturize," said dermatologist Amy Wechsler. Kelly said, "It did the job without irritating my sensitive skin, and that's no small task!"

BEST DAYTIME MOISTURIZER Cetaphil DermaControl Moisturizer SPF 30, $15.99 "It has broad-spectrum SPF 30, and it's hypoallergenic and safe for acne-prone skin," Wechsler said. *And* it's perfect for summer, since "it's lightweight and mattifying on oily complexions," added Day.

BEST SUNSCREEN FOR FACE Neutrogena Clear Face Sunscreen Liquid-Lotion Sunblock SPF 30, $10.49 For longer stretches in the sun, this invisible powerhouse delivered the goods. "Sunscreen typically makes me look like I'm auditioning for a *Twilight* movie," said Price. "This one didn't leave a whitish film on my skin." Valinoti loved the formula: "It was lightweight and worked perfectly under makeup. It didn't feel like sunscreen at all!"

LAURA GELLER
CELEBRITY MAKEUP ARTIST AND FOUNDER OF LAURA GELLER MAKEUP

GINA GILBERT
HAIR COLORIST AT THE SERGE NORMANT AT JOHN FRIEDA SALON WHOSE CLIENTS INCLUDE JULIA ROBERTS AND GLENN CLOSE

SONIA KASHUK
MAKEUP ARTIST AND FOUNDER OF SONIA KASHUK BEAUTY

MAUREEN KELLY
FOUNDER AND CEO OF TARTE COSMETICS

JENNIFER LAWRENCE
SENIOR HAIRSTYLIST AT THE LOUIS LICARI SALON IN NEW YORK CITY

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hair

LOUISE O'CONNOR
OWNER OF OC61 SALON & SPA IN NEW YORK CITY WHO HAS WORKED WITH BEYONCÉ AND KIRSTEN DUNST

ANDREA OYARZUN-MERKEL
REDBOOK READER PANEL MEMBER (AND MOM OF A NEWBORN!)

LISA PRICE
FOUNDER AND PRESIDENT OF THE HAIR AND BEAUTY LINE CAROL'S DAUGHTER

TIPPI SHORTER
CELEBRITY HAIRSTYLIST WHO WORKS WITH JENNIFER HUDSON AND ALICIA KEYS

ROXANNE VALINOTI
CELEBRITY MANICURIST AND EDUCATION TRAINING MANAGER FOR CND INC.

AMY WECHSLER
ADJUNCT ASSISTANT CLINICAL PROFESSOR OF DERMATOLOGY AT SUNY DOWNSTATE MEDICAL CENTER

BEST CURL DEFINER FOR NORMAL HAIR L'Oréal Paris EverStyle Curl Defining Gel, $6.99 Lawrence fell hard for the alcohol-free formula: "It tamed frizz, added shine, and kept my waves bouncy." **FOR COARSE AND/OR ETHNIC HAIR** Mizani True Textures Curl Soft Moisturizing Leave-In Crème, $18.99 "Just one drop defined my curls beautifully," said Trae Bodge, cofounder of Three Custom Color Cosmetics.

BEST SHINE BOOSTER Dove Style+Care Frizz-Free Shine Cream-Serum, $3.76 "Kept my flyaways in check all day," beamed Tung. Price's rave review: "It gave me a nice burst of shine and controlled frizz without making my curls oily."

BEST HEAT-PROTECTING SPRAY John Frieda Full Repair Style Revival spray, $8.99 Not only does this weightless mist guard hair from heat, "it also brings life back to unwashed hair," said Dorram. And who doesn't want that?

BEST VOLUMIZER Oribe Hair Care Maximista Thickening Spray, $26 It pumps up strands, strengthens them with keratin, and smells *insanely* good. "It gave my hair just the right amount of fullness without making me look like a crazy person," says Falik. "With no crunchiness!"

BEST DE-FRIZZER Joico Smooth Cure Leave-In Rescue Treatment, $19.95 This heat-activated serum, which contains frizz-calming Brazilian-nut oil, hit all the high marks. "It made my hair softer, shinier, and smoother," Downie said. "And it really moisturized."

BEST LEAVE-IN CONDITIONER FOR FINE HAIR Pantene Pro-V Aqua Light Weightless Conditioning Shake, $5.99 "The fine mist is not at all greasy," said hairstylist Tippi Shorter. **FOR NORMAL TO THICK HAIR** L'Oréal Paris EverCrème Nourishing Leave-In Spray, $8.99 "My new secret weapon!" Dorram declared of this 100-percent-vegan wonder. "It moisturized without creating buildup."

BEST DEEP TREATMENT Alterna Bamboo UV+ Color Protection Rehab Deep Hydration Masque, $24 This paraben-free whip strengthens hair and contains UV filters to protect color. "It made my thick, dry hair feel soft and shiny," said Bodge.

BEST HAIRSPRAY Garnier Fructis Style UV Color Shield Anti-Humidity Hairspray, $4.29 Shorter put this hairspray to the ultimate test on a photo shoot in hot, sticky Miami. Her report: "I couldn't *believe* how well it helped the models' hair hold up against the humidity."

BEST SHAMPOO AND CONDITIONER Organix Renewing Moroccan Argan Oil Shampoo and Conditioner, $7.99 each Everyone—and every hair texture—took a shine to these formulas. "They moisturized my fine hair without weighing it down," O'Connor said. Gilbert, who has thick hair, added, "I loved the creamy textures and scents."

BEST BLOW DRYER Solano 3300 XtraLite Dryer, $159 "My new go-to dryer—I've been using it every day in my salon!" said Lawrence of this styling star, which smooths the hair cuticle while minimizing heat damage. "It dries hair faster with less stress and tames even the frizziest texture."

BEST FLAT IRON Corioliss Straight 2 Curl Professional Titanium Styling Iron, $195 "It evenly distributes heat, so it won't rob hair of moisture," Dorram said. **BEST CURLING IRON** Sultra Bombshell ¾-inch Rod Curling Iron, $130 "The clampless iron creates a natural-looking curl," said Lawrence.

WECHSLER: MICHAEL BLACK.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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Feel better from your feet up

News for your troubled soles: Problems that originate in your feet and ankles can creep all the way up into your knees, hips, and spine, too. "Feet are like the roots of a tree. If they don't feel good, the rest of your body won't function properly either," says Kristine Petrucione, a fitness instructor and owner of the Art of Fitness studio in Queens, NY. Use these four simple tips to keep your feet—and the rest of your body—happy.

WORK OUT THE KINKS Petrucione has her clients do this simple exercise to strengthen the muscles in their feet and stretch their ligaments, which helps align the body and prevent back pain. While sitting barefoot, simply spread your toes apart as wide as you can, then scrunch them back in. Repeat 10 times. Next, make circles with your ankles—10 in one direction, then 10 in the other. If your feet feel especially achy, try this: Use your hands to twist the arches of your foot in a wringing-out motion, moving from heel to toe.

FRESHEN UP When's the last time you *really* scrubbed your feet? "Most people are so rushed in the shower that they ignore their feet altogether," says Chicago-based podiatrist Debra Young. But skipping the loofah "allows dead skin cells to build up, producing the ideal breeding ground for icky nail-fungus infections and warts," says Young. She recommends swiping a nailbrush across a bar of soap and running it back and forth along your toenails as part of your daily shower routine.

HIT ZAPPOS "As we age, the soft tissues that support our arches lose their resiliency," says podiatrist Melissa Skratsky, a spokesperson for the American Podiatric Medical Association—and teetering around in high heels or pounding the pavement in thin-soled flats adds to the ouch. But wearing low wedge heels (so cute!) can help. They distribute your weight better and reduce painful pressure on the balls of your feet and your heels.

SOAK UP SOME "AAH"S Rx for a full day spent on your feet: Fill a basin with warm water, add a whole pound of Epsom salts (which contain muscle-soothing magnesium), and soak your feet for 20 to 30 minutes, suggests Lee Albert, a neuromuscular therapist at the Kripalu Center for Yoga & Health in Stockbridge, MA. "Epsom salt also works as an anti-inflammatory, so it's a great, natural way to reduce swelling," says Albert. It's cheap, too—you can buy a four-pound carton at the drugstore for $5. For extra relief, after toweling off, apply an arnica cream such as Arniflora Arnica Gel, which you can find at drugstores; the magic ingredient is a botanical that can help reduce pain and swelling. —JESSICA GIRDWAIN

ALICIA BOCK/GETTY IMAGES.

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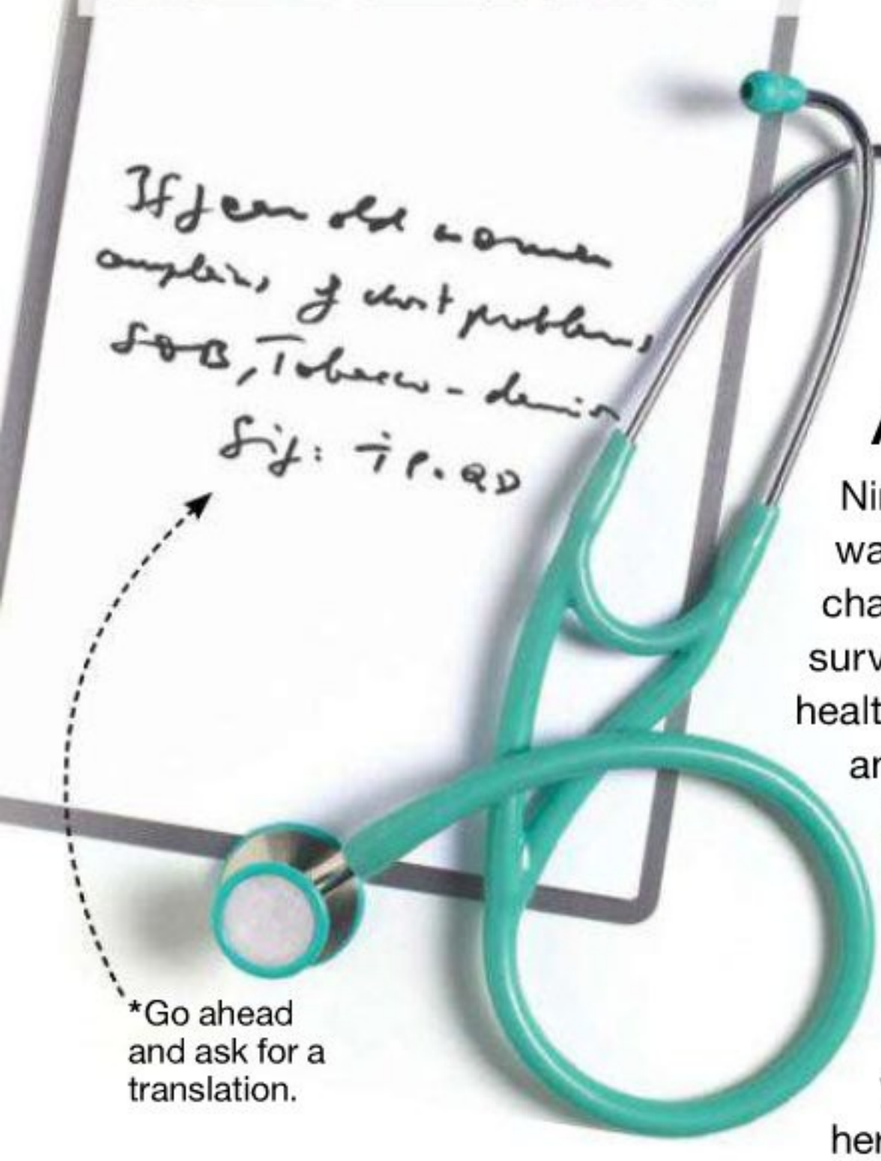


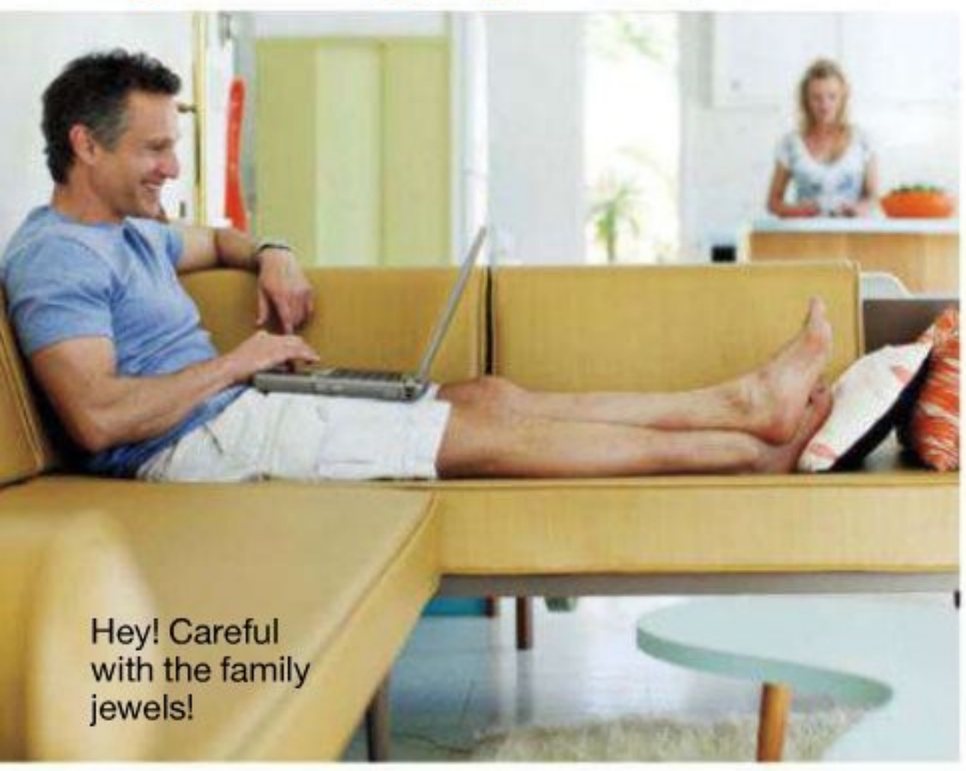
*Go ahead and ask for a translation.

WHAT YOUR DOC'S SCRIBBLING ABOUT YOU

Ninety-three percent of patients say they want to know what doctors write in their charts during a visit, according to a recent survey by Harvard Medical School. That's healthy curiosity: "Seeing the notes in black and white can make a lightbulb go off—like, 'Oh, my doctor has been telling me this for years, maybe I should do something about it,'" says lead author Janice Walker, R.N. Ask for a copy of your chart after your next visit; you're entitled to it. In the meantime, here are a few common shorthand scrawls, unscrambled. —J.G.

Doctor writes...	What it means
SOB	Did your doctor just call you what you *think* he called you? Nope—it means you're short of breath.
The Greek symbol psi: Ψ	Your doc is flagging any psychiatric issues you've clued him in about, like if you've been sleepless and irritable and think you might be depressed.
BS+	You're not full of b.s., but when the doctor placed the stethoscope against your abdomen, he heard a normal range of bowel sounds—a good sign for your GI tract.
Tobacco-denies	Even if you deny it, your doc would make a note if she has a sneaking suspicion you smoke. Could be that she smells it on your clothes, or your lungs give it away.

Can Wi-Fi harm your guy's sperm?



Hey! Careful with the family jewels!

Guys who aren't done having kids might want to prop their laptops on a pillow. In a small new study, researchers collected semen from 29 men and placed it underneath laptops that were either connected to the Internet via Wi-Fi or had Wi-Fi disabled. After four hours, the Wi-Fi-subjected sperm suffered more damage than those kept away from the wireless signal. It's not just the heat: "Electromagnetic charges from the Wi-Fi may also harm sperm quality and even damage DNA," says urologist Wayland Hsiao, M.D. —J.G.

ASK JILLIAN

Q I'm about 50 pounds overweight, but I exercise. Can I tell my family to get off my case about my size already?

Jillian Michaels is a health and wellness expert and the author of *Unlimited: How to Build an Exceptional Life.*

A Well, yes, but there are two separate issues here. First, if you don't like your family bothering you about your weight, you have to communicate that to them. Nagging is not an effective motivator—in fact, it often makes people rebel and *gain* weight—and you can tell them I said so. But if you truly are carrying an extra 50 pounds and you're not an elite athlete packed with muscle, chances are you meet the clinical definition of obesity. My suspicion is that although you're active, you're probably not eating right. Most people I've worked with who are 50, 60, 100 pounds overweight didn't get there by eating too many heart-healthy avocados and green veggies; their diets were packed with sugar, processed foods, and trans fats, all things that are associated with chronic ailments such as heart disease, diabetes, and cancer. Exercise is a great thing, but often what people develop when they start working out is "I deserve" syndrome. They think, *I went to the gym, so I deserve this piece of cake.* If that's a trap you fall into, find things other than food that you can reward yourself with. The decision to change is up to you, not your family, but I highly recommend that you load up on veggies, fruits, and healthy fats and cut back on sugar and processed foods. You're already a step ahead of a lot of people by exercising; I bet with a few tweaks to your diet, you can *really* optimize your health.

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3 health habits that are GOOD ENOUGH

A daily moisturizer with SPF will keep your skin this happy.

You try to play by the doc's rules, but you're no saint. Taking these shortcuts? Odds are you'll be *fine*.

1. Drinking only when you're thirsty, instead of eight glasses of H_2O a day

Why it's good enough: Experts aren't sure who came up with the silly eight-glasses rule, since the amount of water you need depends on factors such as your size, your activity level, and your diet. For example, many fruits and veggies are full of water, and if you get your fill, you can count them toward your hydration quota. Sure, it's important to drink water regularly, but 64 ounces a day? Bunk.

2. Using moisturizer with built-in SPF 15 instead of SPF 30 or higher

SPF 30 is still the best way to protect yourself from the sun, but a daily moisturizer with built-in SPF 15 still blocks about 93 percent of cancer-causing UVB rays, says Chicago-based dermatologist Amy Forman Taub, M.D. So on a workday when you spend most of your time indoors, you should be okay. Jump to 30 and you'll get about 97 percent coverage. (For expert-approved products and detailed sun protection advice, see page 92.)

3. Sipping a skim latte on the way to work instead of eating breakfast

Sure, breakfast does matter. Research has shown again and again that eating in the a.m. can help you maintain a healthy weight, says registered dietitian Melissa Joy Dobbins. But if you're already there and pigs will fly before you have time for a sit-down morning meal, a latte is actually a decent option: The low-fat or skim milk provides protein *and* carbs. Just try to have an early lunch, Dobbins says. If you do need to drop some pounds, boil a half dozen eggs and stick them in your fridge at night, then grab one on your way to the office. A protein-packed breakfast can have a ripple effect, causing you to eat 400 fewer calories throughout the day, according to one study. —J.G.

"CHILDPROOF" PILL BOTTLES? HA!

The number of little kids rushed to an emergency room due to accidental overdose has risen 20 percent since 2007, according to the Centers for Disease Control and Prevention. Why? There are more medications in our homes, and "childproof" packaging makes us complacent about where we stash them, says Robert Geller, M.D., medical director of the Georgia Poison Center. "By definition, a child-resistant closure has to keep 85 percent of 5-year-olds out of the product for five minutes," Geller says. After that, it's anyone's guess as to how long it takes to pop the seal. So if you have small kids, stow all medications—vitamins and supplements too—on a high shelf behind a closed cabinet. And make sure older children know that meds aren't to be messed with, even if they're over-the-counter. Says Geller: "There's the risk of adolescents and teens thinking, *If one pill helps my headache pretty well, then four pills must be great.*" —MARIEL GOODSON

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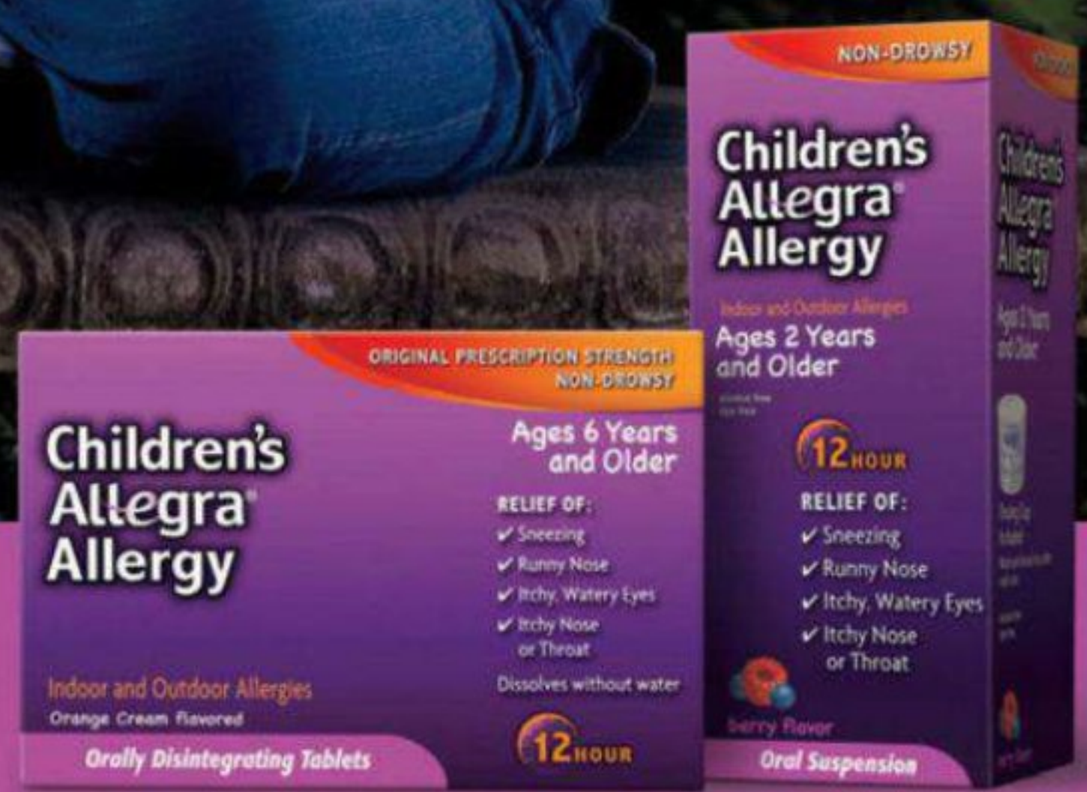

Use only as directed. *Relieves sneezing, runny nose, itchy, watery eyes, and itchy nose or throat. **One dose lasts a full 12 hours.

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STREET SMART SKIN

Real women from the West Coast share how they are making skincare a top priority.

I PUT SKIN FIRST:

"by never leaving the house without using a face and body moisturizer with SPF in it."

—KIRA, 38, ENCINO, CA

I PUT SKIN FIRST:

"by eating healthy and using a moisturizer in the morning and at night."

—JULIANA, 39, LOS ANGELES, CA

I PUT SKIN FIRST:

"by drinking plenty of water and exercising regularly."

—FAYTHALLEGRA, 31, LONG BEACH, CA

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"Everyone thinks about sun protection when they are at the beach, but it is important to protect yourself every day, year-round," notes Dr. Deborah Sarnoff, board-certified New York City dermatologist and Eucerin Skin First Council member. Remember to put the health of your skin first with these tips:

"Add SPF to your body moisturizing routine every morning, before stepping out, with a product like Eucerin Daily Protection SPF 15 Body Lotion. It's a lightweight moisturizer that helps protect skin against sun damage."

"Use a higher SPF facial moisturizer, such as Eucerin Daily Protection SPF 30 Face Lotion, which protects facial skin from UVB- and UVA-induced sun damage. Do this every day—just as you brush your teeth."

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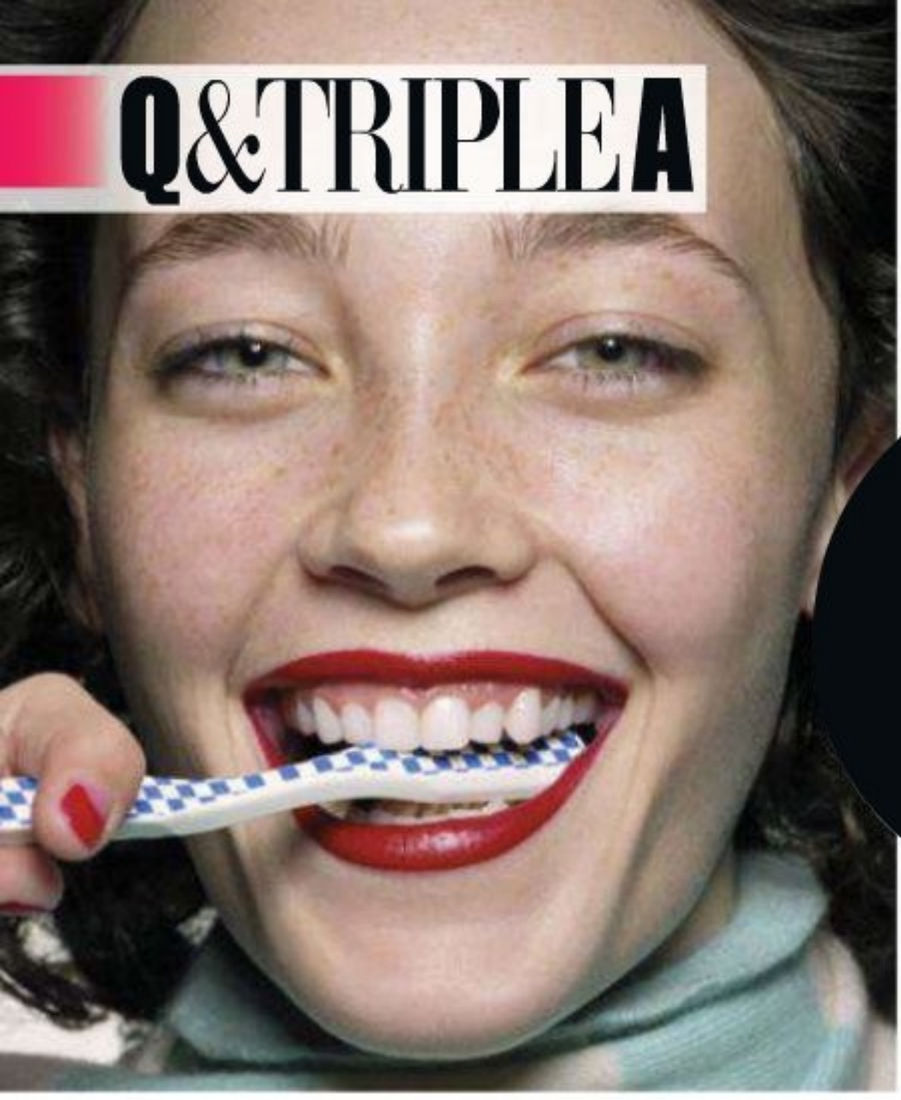

Q I brush and floss, but I *still* have bad **breath**. What's going on?

One easy way to freshen up? Don't forget to brush your tongue!

A THE DENTIST SAYS:

"Most bad breath is caused by bacteria, so when you brush—which should be morning and night, and after lunch if possible—make sure to clean the roof of your mouth, the insides of your cheeks, and your tongue, because the skin can harbor bacteria. It can also linger between teeth, so follow with flossing. And be sure to drink water throughout the day—a dry mouth breeds a more aggressive type of bacteria. If you can't brush after lunch, swish some water around your mouth or pop a piece of sugar-free mint gum to remove at least some of it from your teeth." **Rinsing with an alcohol-free mouthwash also helps** (mouthwashes with alcohol dry up saliva). Try Crest Pro-Health Clinical Rinse (above), $7.29. If none of these methods work, see your dentist. "The issue could be plaque buildup or a more serious condition like tooth decay. You can also ask for a prescription mouthwash. These contain antibacterial properties that kill existing bacteria and reduce future bacterial growth."

—Matthew Messina, D.D.S, a Cleveland dentist and consumer advisor for the American Dental Association

A THE M.D. SAYS:

"There's a long list of over-the-counter and prescription medications, including indigestion remedies and antibiotics, that can dry out your mouth and trigger halitosis; allergy medicines are famous for causing it. So if your bad breath came on shortly after starting a new drug, there's a good chance that's the culprit. Whatever the cause, one of the best natural remedies for halitosis is lemon, which stimulates saliva. I tell my patients to add a slice of it to their water or to suck on sugar-free lemon candy, and they say it really helps." If you've ruled out medication or an oral health issue as the cause of your bad breath, and you have other medical symptoms such as chronic headaches or stomach problems, see your primary care physician. "Our breath travels through our upper airways and upper gastrointestinal tract, so something could be awry in your throat or nose, such as a sinus infection, or in your esophagus or stomach."

—David L. Katz, M.D., director of the Prevention Research Center at Yale University and director of the Integrative Medicine Center at Griffin Hospital in Derby, CT

A THE NUTRITIONIST SAYS:

"There are two eating habits that kill your breath: processed, fat-free snacks like cookies and chips, which can be loaded with smelly artificial flavors, and low-carb, high-protein diets. Those plans cause your body to burn more fat, which in turn releases foul-smelling chemicals called ketones into your saliva—and all the brushing in the world can't get rid of them. What *will* help is staying hydrated and noshing on watery fruits and veggies, which dilute the concentration of ketones." **Try berries, citrus fruits, and melons,** which are also high in vitamin C (which helps prevent gum disease), and fiber-rich options like apples, carrots, and celery. For an instant breath freshener that lasts, skip mints and have a cup of peppermint or black tea; the latter is full of polyphenols, "which are powerful antioxidants that help stop plaque from clinging to your teeth."

—Lisa R. Young, Ph.D., registered dietitian, adjunct professor of nutrition at New York University, and author of *The Portion Teller Plan*

TOP LEFT: RAYMOND MEIER/TRUNK ARCHIVE. EXPERTS: COURTESY OF SUBJECTS. MOUTHWASH: COURTESY OF MANUFACTURER. BERRIES: GETTY IMAGES.

BY KRISTA BENNETT DEMAIO

REDBOOK NOTEBOOK

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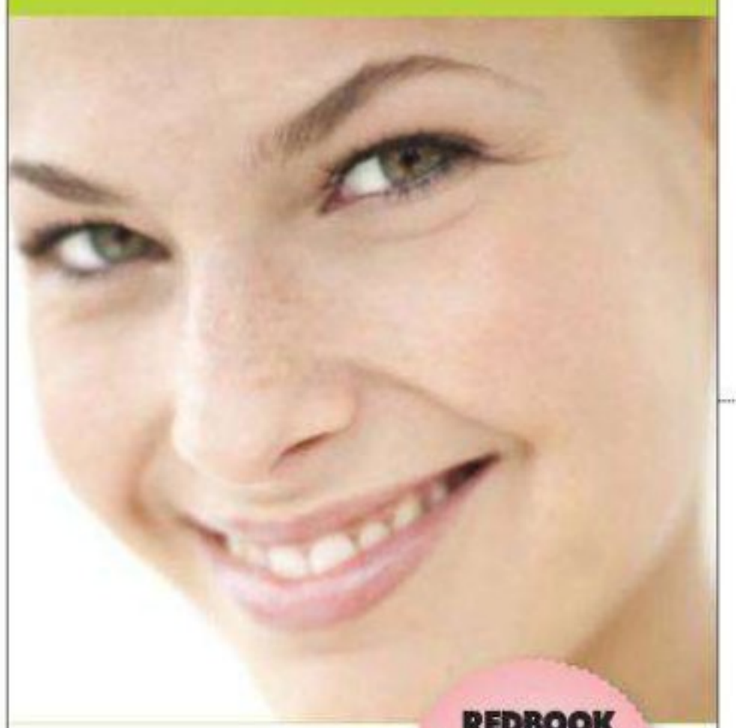

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Wake up and **listen** to a derm who had skin cancer

Ellen Marmur, M.D., admits to being sun-clueless before she became a dermatologist—and she has the scars to prove it. Take her lessons to heart so you don't follow in her footsteps.

I don't often get acne, so when a hard, pink pimple appeared on my nose one day in 2006, I suspected it might be something more. I casually showed the bump to at least a dozen of my dermatologist colleagues that week—all said, "It's just acne! Don't worry." I *was* pregnant at the time. Maybe it was a breakout, I hoped. But the pimple never came to a head, and after a week, I couldn't shake the feeling that something was wrong. It didn't bleed, it didn't itch, it didn't grow (all signs of cancer), but it also didn't go away. So I asked my mentor, Dr. Leon Bernstein, to biopsy it for me, even as I told myself not to worry. After all, I'm a dermatologist who wears SPF 50 every day, all day long. A few days later, I had just walked off the set of Fox News after a TV segment on skin cancer when he called me with the results.

"Elle, it's cancer," he said.

I stopped dead in my tracks, his words smashing into me like a physical shock. Everything around me on the street in noisy midtown Manhattan seemed to fall silent, but the colors looked hyper-bright. Mentally scrambling, I thought, *Wait, this is just one of his practical jokes!* (Dr. Bernstein is kind of famous for them.)➤

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A sun-safe family Marmur, with her four kids in Sagaponack, NY, has become "addicted to hats" and makes sure her kids wear 'em too, plus sun-protective clothing.

Doctor as patient Ellen Marmur immediately post-surgery (left), and all stitched up (right).

I laughed. "Right, exactly! So what is it?"

"No, Elle, it's really cancer," he said. "Basal cell carcinoma. We need to do surgery on it. When can you come in?"

Now, I know basal cell carcinoma in all of its forms and presentations. I know that it's almost always curable—and I know how to cure it. I even do high-level genetic research on it and drug development studies to treat it. But all that knowledge did not change the fact that in that moment, I did what I've seen many of my patients do over the years: I let my fear run away with me. Anything could happen! What if I hadn't caught it early enough and the cancer had already spread to my lungs or liver? In fact, basal cell cancers rarely metastasize, but I was shaken. My armor of being the "skin expert" and the "cancer fighter" had been pierced. I have delivered this kind of news to hundreds of patients as a dermatologist and surgeon—but now I knew how it felt to hear it.

No one can prepare themselves for a skin cancer diagnosis, but I shouldn't have been surprised. The fact is, I did everything wrong when I was younger. I had blistering sunburns as a kid while visiting my grandparents in Florida. I was on the swim team all through school in Pennsylvania and never wore sunblock at practice or meets. I hit tanning salons before prom. In the summer, my friends and I would slather ourselves in baby oil and have competitions to see who could get tannest. After college, I led wilderness survival trips and was outside on lakes and rivers 12 hours a day. At that point I knew to wear sunblock, but I'd put it on once and forget to reapply every few hours like you need to. By the time I started studying dermatology in medical school at the age of 25, I already had signs of extreme sun damage. I was covered with freckles, especially on my face, and I had melasma—brown splotches caused by a combination of sun exposure and hormones, like the ones in birth control pills—on my lips, cheeks, and forehead. Still, it wasn't until I got that first biopsy that my risk became real to me.

The treatment I received was very typical for a non-melanoma skin cancer: Mohs surgery. Mohs is a technique that allows the surgeon to look through a microscope while doing the surgery to make sure that every last cancerous cell is cut away. It went well, and in the skilled hands of Dr. Bernstein, the scar on the side of my nose is barely noticeable. People say it looks like I have a dot of powdered sugar on my face. My scar has reassured many a patient as they head into surgery themselves. ➤

What skin cancer looks like

Compare these spots with ones you've got, and if anything looks familiar, see a dermatologist right away. But remember: Skin cancer can come in many shapes, sizes, and colors. And if *any* spot, bump, mole, or scar seems "off," has changed, has started itching or bleeding, or is different or darker than your usual freckles and spots, you should get it checked out.

MELANOMA
Often has irregular borders or uneven colors or textures. This is the most dangerous form of skin cancer.

SQUAMOUS CELL CARCINOMA
May manifest as scaly red patches, open sores, or wart-like bumps.

BASAL CELL CARCINOMA
Often looks like a shiny bump, or a pink or red growth. Can also look like scar tissue.

ACRAL LENTIGINOUS MELANOMA
May appear as freckles or dark splotches on nail beds or the undersides of hands and feet, especially in people of color. Rare, but potentially deadly.

SKIN CANCER (4): COURTESY OF SKIN CANCER FOUNDATION. BEACH, SURGERY BEFORE AND AFTER: COURTESY OF SUBJECT. MARMUR: PETER HURLEY PHOTOGRAPHY.

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But it wasn't too long before I went under the knife again: Just last year, another "pimple" popped out on my cheek, under my eye. This time I was pretty sure it was only a blemish; a colleague injected steroid into the bump, and, like a pimple, it shrunk. But it returned within a few days and then persisted. That's when I knew. When the biopsy came back as a basal cell carcinoma, I wasn't shocked, just a little depressed. This scar could be disfiguring because it was in the middle of my face. Pretty soon I'd be covered in scars, I thought. I had Mohs surgery again, and Dr. Jesse Ting, my plastic surgery colleague and friend, stitched it beautifully (see pics of me after the surgery, previous page). Six months and a few Vbeam laser treatments later, the scar that was over an inch long—stretching from under my eye onto my nose—is surprisingly faint.

That said, my face has changed, along with my approach as a doctor and a mom. These brushes with skin cancer have made me even more vigilant with my own health and that of my four kids (ages 14, 8, 7, and 5). I have become addicted to sun hats—no flimsy straw for us; the more tightly woven the material, the more protective it is. My kids and I wear sun-protective rash guards and hats when we're at the beach or pool, and they know that sunscreen is a must.

At work, I'm way more empathetic. As doctors, we often need to depersonalize certain things—like slicing open another human being's skin—so that we can do our jobs. But I'm able to relate and be more of a comfort outside the operating room, because I know how bad a biopsy or injection can feel. I can talk through patients' fears and answer the question "Will it hurt?" with real-world experience! I also give better advice: When I see patients with that "It can't happen to *me*" attitude, I simply point to my scars as proof that, yes, it can. When I tell them it's important to wear SPF daily, to put on hats in the sun, and to get yearly skin checks, it's not a lecture, it's me sharing my experience. I learned this stuff the hard way, and quite simply, I want to save you and your family from doing the same. ®

Ellen Marmur, M.D., is vice chair of cosmetic and dermatologic surgery at the Mount Sinai Medical Center in New York City and author of the book Simple Skin Beauty.

Recipe for an amazing summer: Swipe on sunblock, add umbrella.

Your sunscreen shopping list

Dermatologist Ellen Marmur, M.D., loves to buy sunscreen in bulk at Costco or whenever it goes on sale at the drugstore. "I don't think there's one specific brand that's superior to others. The fact that you have one and use it is what makes it better!" she says. "I usually have about 15 different kinds on hand that my husband, my kids, and I use. Getting kids to wear sunblock takes some creativity, so I pull out a bunch of sticks and sprays and lotions and let them choose." That said, Marmur does have some guidelines and personal favorites. Here's what she says every woman should keep in her bathroom or beach bag:

Daily serum to wear under makeup
Marmur smooths on a light serum every morning, like L'Oréal Paris Sublime Sun Liquid Silk Sunshield for Face SPF 50+, $10.90, or Supergoop! SPF 30+ City Sunscreen Serum, $42.

Stick for around the eyes
"I'm seeing more and more skin cancers around women's eyes, because we don't tend to pile on the sunblock there for fear of stinging. Sticks are great for beach days or exercising outdoors because they stay put and won't sweat into your eyes," says Marmur. She uses Coppertone Water Babies Sunscreen Stick SPF 55, $6.99. Another to try: Banana Boat Ultra Defense Sunscreen SPF 50 Stick, $4.69.

Mineral sunscreen for face
Marmur loves NIA 24 Sun Damage Protection 100% Mineral Sunscreen SPF 30, $45, for outdoor days. We like La Roche-Posay Anthelios 50 Tinted Mineral, $32.95.

Broad-spectrum SPF 30 or higher for body
Two good picks for your next vacation: Coppertone Wet 'n Clear SPF 30 spray, $9.99, and Neutrogena Ultimate Sport Sunblock Lotion SPF 30, $9.50.

FROM TOP: PLAINPICTURE/BURO MONACO, COURTESY OF MANUFACTURERS (8).

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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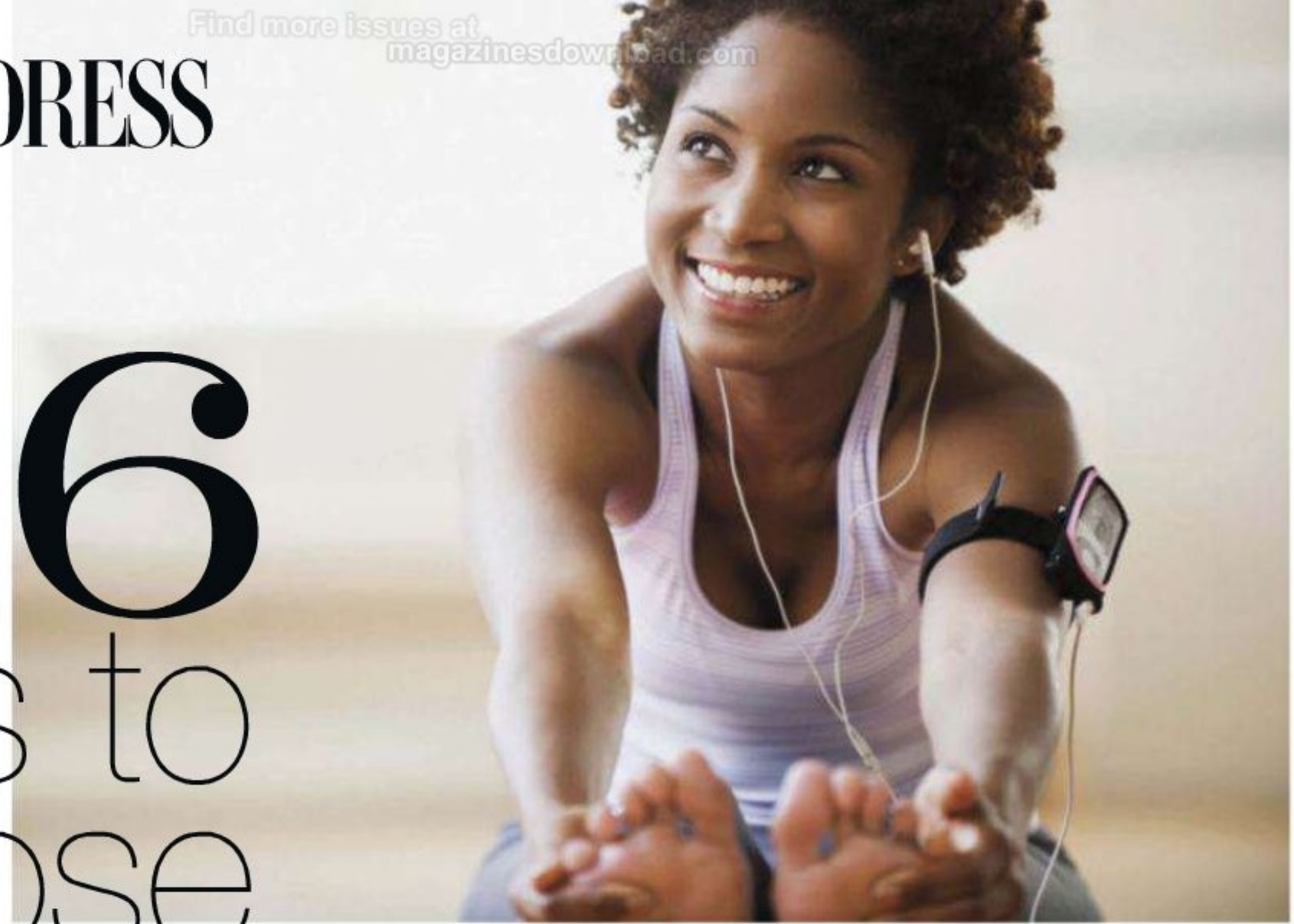
WEDDING DRESS CHALLENGE



16 ways to lose weight faster

The women who joined REDBOOK's Wedding Dress Challenge are literally shrinking daily. How? By sneaking in more exercise. Get inspired, get started, then get *your* bride body back. By Betsy Stephens

"Most women make the mistake of thinking, *If I can't work out for a full hour, why bother?*" says Lashaun Dale, co-creator of the REDBOOK/Equinox Body Renewal express class offered in select Equinox gyms this spring. Don't be one of them! Steal one of these genius ideas instead.

1 "I run to work. It's four miles from my apartment to a gym near my office. The best part is that I don't have to sacrifice precious mornings with my daughter: I shower quicker at the gym, with no distractions, so I leave home at the usual time." —SAVANNAH STEVENSON, 35, ***who's lost 20 pounds in 14 weeks***

2 "I recruited a bunch of work friends to join the Wedding Dress Challenge with me. There's a gym in our office building, and at the beginning of the week, we put our classes on a calendar, the way we would any other meetings. Then when it's time to go, we'll just show up at each other's desks with our gear. Some days that accountability is just the extra push you need." —MILLICENT HOLCOMB, 35, ***who's lost 14 pounds in 7 weeks***

3 "We turned date night into exercise time. Once, my husband and I went running together at 11:30 p.m.—in the rain—on a Friday night. We must have looked like lunatics, but it was actually really fun." —CHRISTINE SAENZ, 38, ***who's lost 13 pounds in 14 weeks***

4 "I use my kids as fitness accessories! I found a mommy-and-me class that my 2-year-old twins love. Since there are two of them, I take my sister with me and we use the kids as weights. It's a workout lifting those babies." —MARCELLA WILSON, 40, ***who's lost 15 pounds in 14 weeks***

5 "My husband and I—decided to take the weight-loss challenge together, and we keep each other on track—even when we're away from home. When I don't feel like working out, he'll say, 'Let's go get it done.' One weekend, we were traveling and didn't have access to a gym. But it didn't matter; we went on long walks together to get the exercise in." —WILEETA MCGEE, 35, ***who's lost 14 pounds in 14 weeks***

6 "I schedule workouts a week in advance. My husband and I have so much going on that we've found it's best to talk about how exercise fits into our schedule on Sunday nights, so we can be sure everything is good to go for the week. That way, if I need to get babysitting one day or make some other arrangements so I can get workouts in, I have time to make it happen." —SHIRA PALETZ SCHULMAN, 36, ***who's lost 20 pounds in 14 weeks***➤

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WEDDING DRESS CHALLENGE

7 "I rely on my teenage daughters to be my 'trainers.' If I'm ever tempted to skip my evening workouts, my girls call me out on it. They get to harp on *me* for once! Sometimes they're finishing up their homework when it's time for me to put in an exercise DVD, and having them there motivates me to work even harder because I want to be a good example for them." —TALAYIA ROOKS, 43, ***who's lost 10 pounds in 8 weeks***

8 "I realized that time spent hanging out with the family—even in front of the TV—didn't have to be *lazy* time. I discovered a DVD (*Insanity: 60-Day Total Body Conditioning*) that my husband and I enjoy doing together, and my son likes to get involved. He's got his jumping jacks down, and he totally wears himself out, which helps with bedtime!" —CHRISTINE

9 "I wagered a bet with my husband: that I can lose 10 pounds before he can lose 20. If he wins, he gets two weeks of, well, you know. If I win, I get to go shopping for new clothes. When my alarm goes off in the morning, I hear the sound of the mall calling me! That helps me get up and pop in a workout DVD, usually either *P90-X* or *Turbo Jam*. I guess this is what you'd call healthy competition." —KATREANA BLUE, 36, ***who's lost 6 pounds in 7 weeks***

10 "My husband and I do something we call 'Drop and give me 20.' In the morning, we do 20 military-style push-ups and 20 sit-ups together, just to fit in a little extra exercise. It's tough, and the kids are hanging off us, but it works all of the big muscles and gets me on the active path for the day. The best part is that it takes less than 10 minutes." —BROOKE MCDONALD, 41, ***who's lost 15 pounds in 14 weeks***

11 "I break out Zumba on the Wii. My 5-year-old son loves to play with me. I'm meeting two of my goals at once: working out and spending time with him." —MARQUETTA HANDY, 35, ***who's lost 14 pounds in 7 weeks***

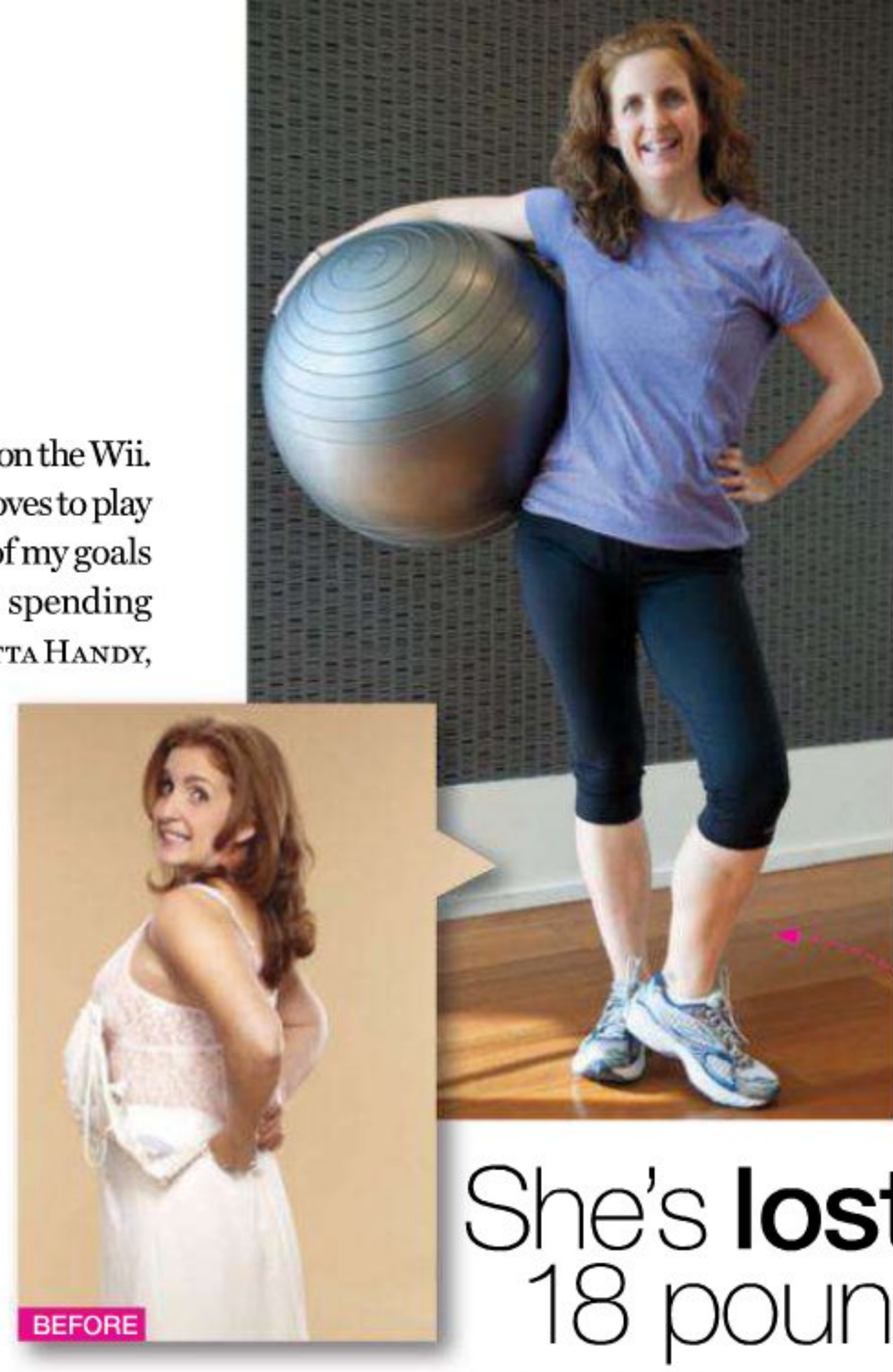
12 "I hired a personal trainer. It was a total splurge, but I needed the push. I haven't done the math, but I'm pretty sure the food and wine I'm not buying makes up for at least half of what I pay! I'll continue working out with her as long as I can afford to; she keeps me accountable. When I travel for work, she calls to make sure I'm not falling off track while on the road." —HEATHER BENNETT, 38, ***who's lost 14 pounds in 14 weeks***

13 "My friends and I email each other photos of the scale every Tuesday, when we weigh ourselves. It keeps us honest—the scale doesn't lie!—and it helps me stick to my workouts five or six days a week. My girlfriends' support has made the biggest difference. Last week, I gained 1.4 pounds, and they all made me feel like the setback was okay and I could get back on track. This week, I *lost* 3 pounds!" —KATREANA

14 "I organize morning walks with other moms in my neighborhood. Weather, sick babies, and other things life throws at you can make it difficult to fit in exercise, but we walk together when we can." —ALISA LAVENTURE, 34, ***who's lost 15 pounds in 14 weeks***

15 "I get up at 6:30 a.m., before my 7-year-old daughter wakes up, and run down to the gym we built in our basement to get in some quick cardio—even if it's just 20 minutes. I've found that two mini workouts a day are more manageable than one long one. At night, my husband and I take turns going to our local Gold's Gym. We always meet back in bed by 10 o'clock to spend some quality time together." —LISA JONES BARKSDALE, 42, ***who's lost 28 pounds in 14 weeks***

16 "I track my steps. I use a pedometer and make it my goal to take 10,000 steps a day—about five miles. A few times, I realized that I had about 2,000 steps to go after I'd already gotten ready for bed. So I jumped on my home treadmill in my pj's!" —HEATHER ➤



She's **lost** 18 pounds!

On her wedding day, Elaine Keating-Brown, 39, was a trim 133 pounds. But at the start of the Wedding Dress Challenge, with an overloaded schedule and two kids under 4 at home, "workouts weren't happening" and her weight had crept up by 25 pounds. Inspired to feel like herself again, she started walk-running outside. "Now I'm jogging 6.2 miles straight!" she says. Meet the 12 other women (and a couple of guys!) we're following as they lose post-wedding weight at redbookmag.com/wdc.

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Your 10-minute workout

Mini bursts of exercise are your weight-loss friend, especially if you combine fat-burning cardio and contouring strength moves. That's the key to REDBOOK's Body Renewal express class at Equinox—and to the similar routine here. Simply do each move for 1 minute without resting in between so your heart rate stays up, says Equinox fitness pro Lisa Wheeler, who co-created the class. Repeat once a day, twice a day, three times—whatever you can manage, whenever you can fit it in!

Minute 1: Jumping jacks

Minute 2: Push-ups

Get on your hands and knees, then extend your legs so you're up on your toes. Keeping your body in a line from head to heel, lower down until your chest nearly touches the floor, then push up. If that's too hard, drop your knees to the ground.

Minute 3: Lunges

Stand with feet together and elbows at your sides, holding a pillow. Take a step forward with your right leg and lower into a lunge as you hinge forward from the hips and place the pillow on the floor in front of your right foot, as shown. Then stand back up and switch sides.

Minute 7: Skater

Take a wide step out to the left with your left leg, bend your left knee and cross your right foot behind you, as shown, twisting your arms to the left for balance. Immediately switch legs, repeating the same movement to the right, crossing your left leg behind you. Continue alternating sides as if you're skating.

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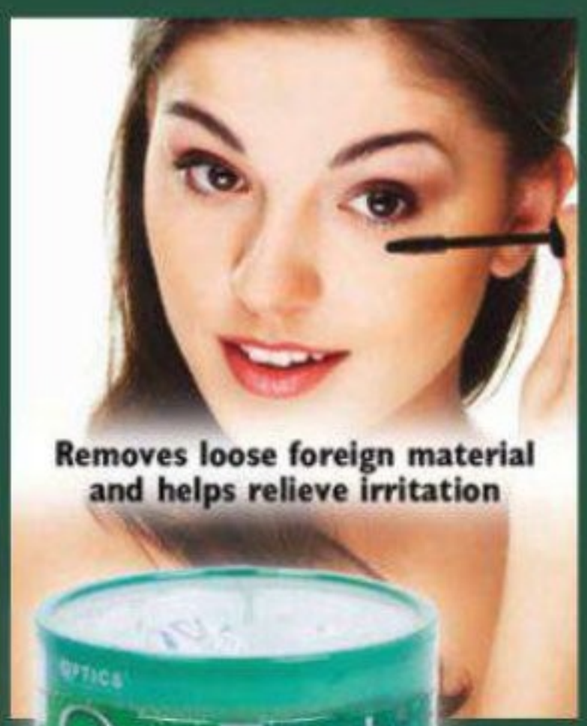

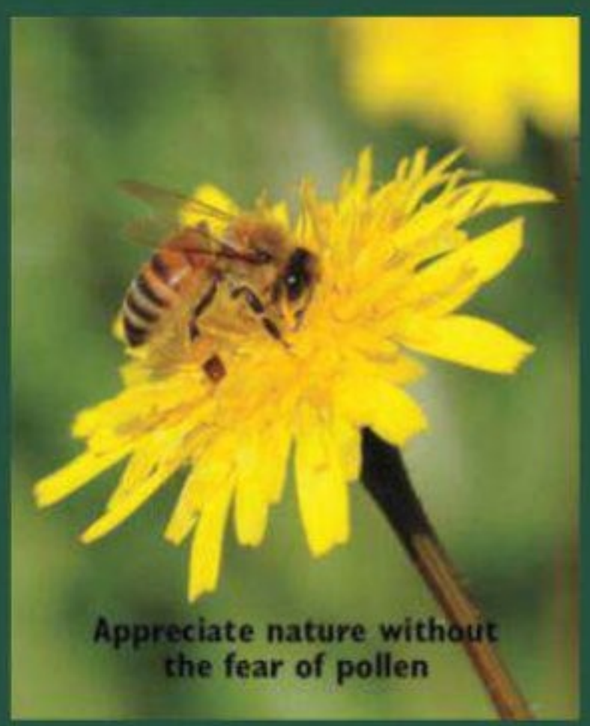

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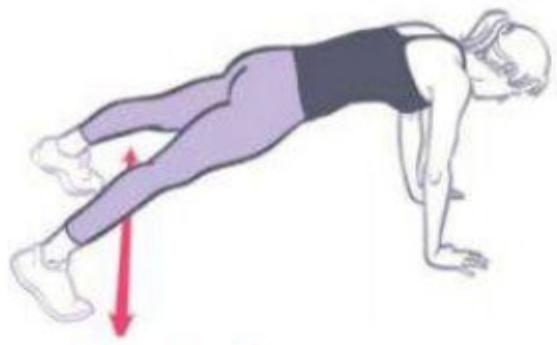


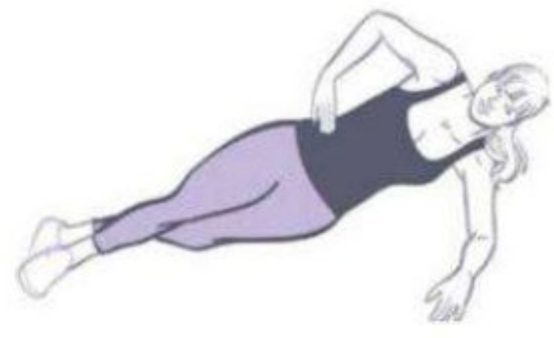
Minute 4: Plank jacks
Get your body in a plank position: This should look like the start of a push-up, with your arms straight and legs extended behind you. Then begin stepping your feet out to the side, then back in. As you get stronger, *jump* your feet out to the sides, like a jumping jack.

Minute 5: V press
Start on all fours, with your palms a bit wider than your shoulders, and pop your butt up so your body is in an inverted V shape. Keep your knees bent and arms straight. Bend your elbows and lower your head toward the floor, as shown. Push back up to start position.

Minute 6: Jumps
Stand with feet a bit wider than hip-width apart, abs tight, and shoulders back and down. Bend your knees and squat back as if you were going to sit in a chair, keeping your chest lifted and hands reaching for the floor, as shown. Then jump up, lifting your arms toward the ceiling.

Minute 8: Dips
Place your hands on the edge of a chair, fingers facing forward, arms straight. Lift your hips off the edge, keeping your abs in tight. Bend your elbows, lowering your butt toward the ground, then push back up, straightening your arms as you extend your left leg forward, as shown. Repeat, kicking out with the other leg.

Minute 9: Airplane
Stand with your feet together, knees soft, and abs in tight for support. Shift your weight forward onto your right leg. Keeping your right leg straight, hinge forward from the hips, lifting your left leg off the floor behind you. Extend your arms out to the sides in a T, as shown. Hold for 30 seconds, then switch sides.



Minute 10: Side plank
Lie on your left side with your right foot directly in front of your left, left elbow on the floor straight down from your shoulder, palm flat on the floor. Put your right hand on your hip. Then lift your hips, as shown, and hold for 20 to 30 seconds. Lower hips back to the floor and switch sides.

ILLUSTRATIONS BY REMIE GEOFFROI.

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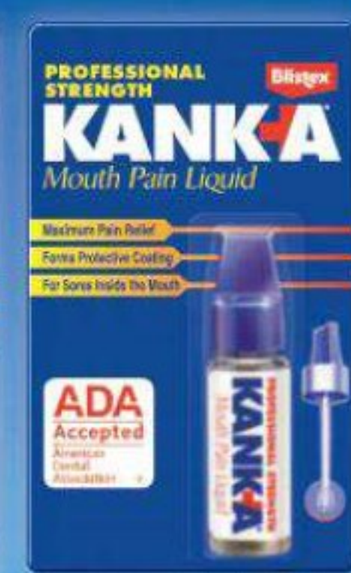

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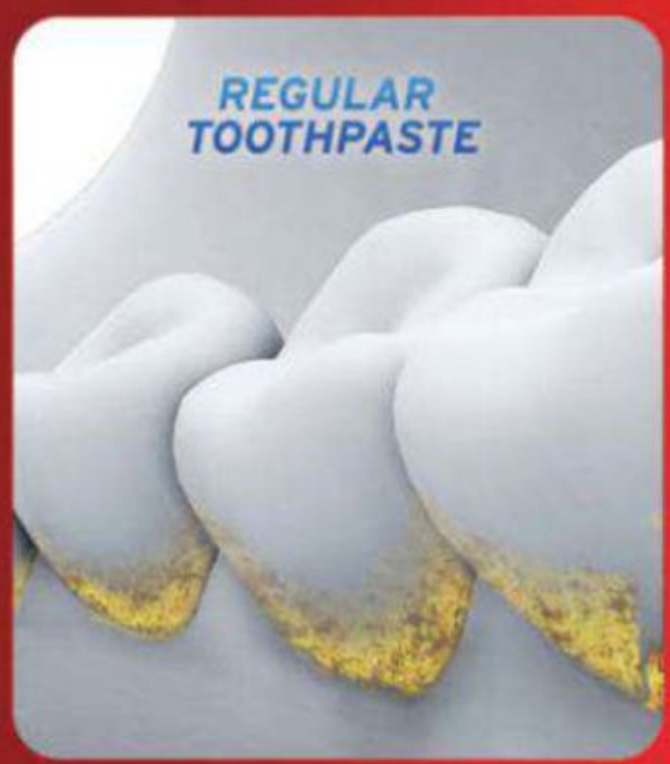

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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:

What do you secretly **love** about each other?

She loves his chest… and his perfect pour.

"I love how our daughters' bedtime routine is so serious to him. He reads, sings, and prays with them, kisses their toes, then carefully swaddles the baby. It's so sweet." —BRYANNA HUNT, 32, married to BENJAMIN for 10 years

"When we're sleeping, he grabs my hand and holds it. He's a big, strong deputy sheriff, but deep down, he's a softie." —KRISTY ANDERSON, 39, married to ED for 3 years

"He's a crazy dancer. His specialty is the 'Carlton Dance' from The Fresh Prince of Bel-Air*!"* —CAROLYN MENDOZA-CANALES, 33, married to MARIO for 7 years

"She literally inhales me when we hug, and buries her face in my neck. It makes me feel incredibly close to her." —TODD WISEMAN, 47, married to ROBIN for 26 years

"When he's focused, he sticks his tongue out. Now our 8-month-old does it when she's crawling. It's adorable." —RISSI PALMER, 30, married to BRYAN for 1 year

MELANIE ACEVEDO/TRUNK ARCHIVE. COUPLES: COURTESY OF SUBJECTS (3).

DON'T ROLL YOUR EYES AT THIS SEX BOOK

Even Lisa had a sexual dry spell.

It's tough to imagine Lisa Rinna—she of the va-voomy cleavage, sizable pout, and vampy performances on *Days of Our Lives* and *Dancing With the Stars*—poring over research studies. But the coauthor of this month's *The Big Fun Sexy Sex Book* says that's what she did when her bedroom confidence took an unexpected nosedive. "After I had kids, I lost all my desire," she says. "It scared me, and made me realize that there aren't many places to turn for answers. We go to the dentist and the gym to take care of our bodies, but we don't have many ways to take care of this essential part of ourselves. I wrote this book so women can learn to do that." We were dubious, but her research turned up some pretty darn enlightening stuff, like...

Lesson 1: There's a reason yogis seem so content. A study out of the *Journal of Sexual Medicine* found that women who practiced an hour of yoga a day for 12 weeks reported an increase in desire, arousal, lubrication, orgasm, and satisfaction. Let's see a spin class do *that*.

Lesson 2: Aphrodisiacs exist—sort of. The omega-3 fatty acids found in salmon, mackerel, and sardines impact your sex drive by boosting heart health, which optimizes blood flow to the genitals. And nuts and green veggies may promote healthy clitoral tissue in women and erectile function in men.

Lesson 3: Sex toys are nothing to be shy about. In fact, the first vibrator was only the fifth domestic appliance to be electrified—it came just after the sewing machine, fan, teakettle, and toaster. Even back then, they knew that real satisfaction is a necessity.

Love life road test

THE PDA CHALLENGE

We convinced two PDA-phobic couples to show their love. How did they (and the strangers around them) react?

Couple #1: M.S. and N.S., Stamford, CT
"We usually roll our eyes at overly affectionate couples, so this took a lot of effort. We met at the movies, and when he saw me, he pulled me in for a big kiss. I looked around after and no one seemed to notice. He had his arm around me all night and held my hand—it made me feel like we were teenagers again. By the time we got home, I couldn't wait to get to the bedroom. We've continued to be hands-on in small ways, and it makes our day-to-day a little sweeter."
Passion factor: Awww! ❤❤❤❤

Couple #2: L.E. and E.P., Burlington, VT
"We spent Saturday running errands while holding hands, and when we were waiting for our table at a restaurant, he snuggled close and kissed me. It wasn't obscene, but I still blushed! By the end of the day, it felt like we'd been on one long date. This made me realize that we need to be more affectionate—but mostly in private!"

Passion factor: Warm and fuzzy ❤❤❤

MYTHBUSTER: Men's minds aren't *that* dirty

You know the statistic that says men think about sex every seven seconds? "There's no scientific basis for that number," says Terri Fisher, Ph.D., a researcher at the Ohio State University, Mansfield, "which we know because the bulk of the research on the subject has been done by us." For a recent study, Fisher had male and female subjects note their thoughts for a week. "On average, men thought about sex 34 times a day, or roughly once or twice an hour, compared to 19 times for women. Also, men's minds were occupied by food almost as much as by sex." A bedroom romp followed by a nice sandwich sounds good to us, too.

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10 promises for a more perfect union

DEAREST WIFE, I SWEAR...

...to stay calm when you look over my shoulder and blurt the answer to the crossword clue that had me stumped for 20 minutes. (Two more seconds and I would have had it!)

...to give my feet a whiff before I plop them on your lap.

...to stop using the fancy towels to dry my hands. But seriously—display towels?

...to stay away from your magnifying mirror from now on. Pores and Neptune: two things men are not ready to explore.

...not to jump your bones like a cheetah on a gazelle as soon as you walk through the door. I will let you take your coat off first.

DEAREST HUSBAND, I SWEAR...

...to never mention how much your orgasm face resembles your ate-too-much-cheese face.

...not to put more product in our son's hair than I have in my own.

...that I have no idea what happened to your golf club. But if I had to guess, I'd say it looks like someone innocently thought it could sub as a hammer when they couldn't find one in the garage.

...to warn you before I start discussing stretch marks, episiotomies, and afterbirth with my pregnant friend.

...that when you ride your bike to work, I will notice your environmental responsibility and ignore your dorky rolled-up pant legs.

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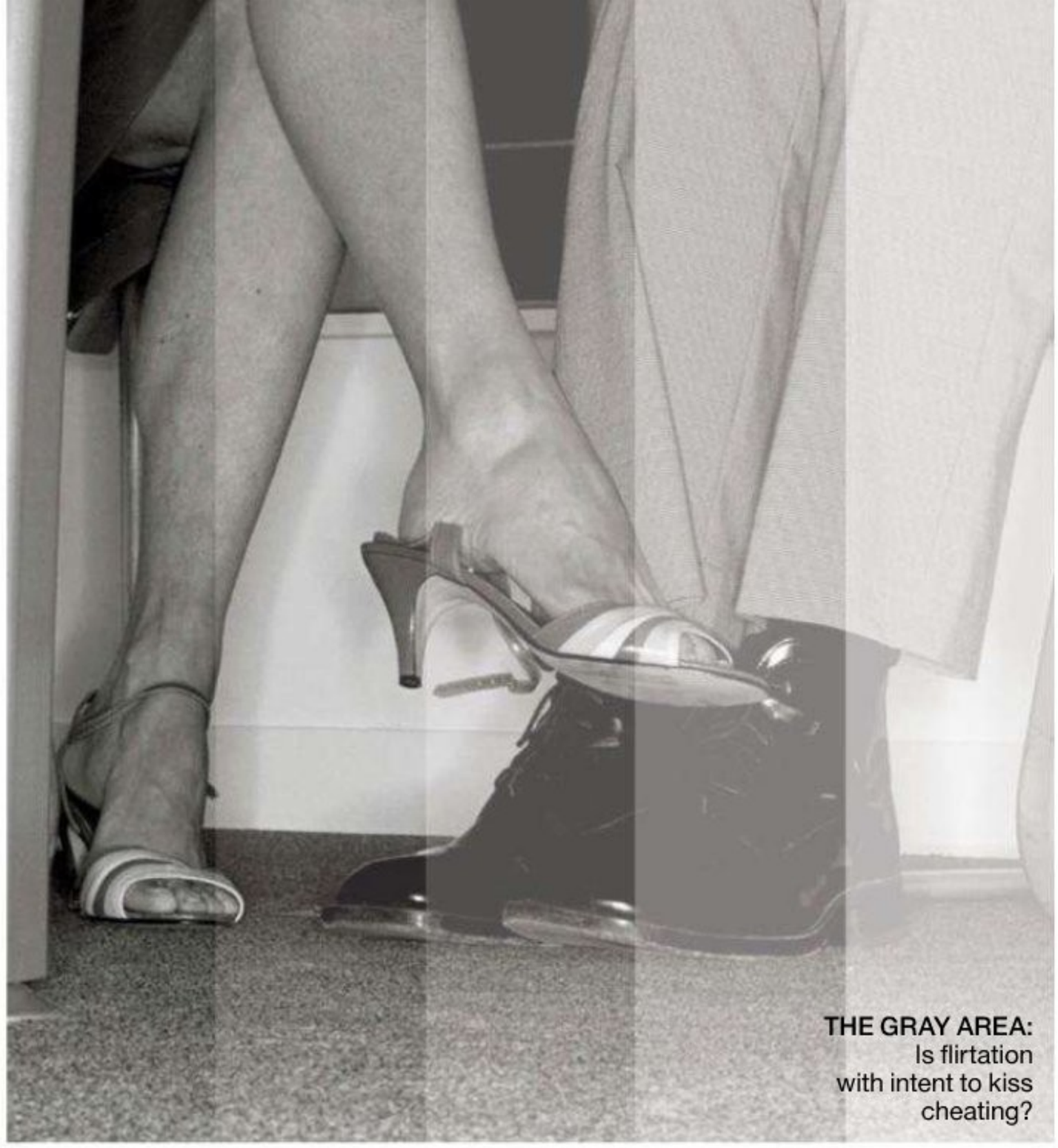
"It wasn't *exactly* cheating"

That's what these women told us about their near-flings, but does infidelity have a gray area? Ask yourself if they crossed the line—and ask your guy, too. By Danielle Pergament



THE GRAY AREA: Is flirtation with intent to kiss cheating?

CASE STUDY #1
The intense flirtation

There's this woman. Okay, fine: It's me. And the only reason I can write about this and use my real name is that my husband knows everything. Allow me to explain.

Years ago, when my husband was my fiancé, we were living in Rome—planning our wedding, subsisting on wine and carbohydrates. Life was generally perfect. I was working as a travel writer, and an editor sent me to Palermo to report on restaurants. I didn't know the city well, but my husband, also a writer, did—he had just returned from doing a story in Sicily himself. He suggested I meet his fixer (what journalists call their guides/translators in foreign places). Sure, why not, I told him. Can't hurt.

I arrived in the evening and arranged to meet Romeo—what was this, a Nora Ephron movie?—the next day. He showed up in the morning. On a motorcycle. In faded jeans, with two days' beard growth on a face that looked chiseled by Bernini himself. He had thick, dark hair and a heavy Sicilian accent. When he walked over to kiss me (on both cheeks, Italian style), I swear he moved in slow motion.

Knowing full well that it would be inviting trouble into my life—or at least calling up trouble to see if it was free for the evening—I spent as much time with Romeo over the next four days as I possibly could. To be clear, Palermo is not that big, and my Italian was pretty decent: I didn't *need* a fixer. But still, I invited him to lunch every day (I was there to write about the food, after all), he introduced me to his friends, and we wandered around the city. If we'd been holding hands, we would have looked like newlyweds. My last day, he asked me to meet him and some pals at a wine bar—a dark, smoky wine bar. I spent the afternoon figuring out what to wear and basically trying and failing to keep some perspective. I didn't actually entertain the idea of having an affair (really), but I was excited in a way I couldn't suppress. When I arrived, he was at the darkest table of all, no friends in sight. They couldn't make it, he said.

Let me get right to the point: We never kissed. We never even touched—no squeezing my hand to make a point, no cheek kiss goodnight, nothing. In fact, our lack of physical contact remains the strongest proof to me that Romeo felt something too. He was being a good guy to me *and* to my fiancé—which, of course, made him all the more attractive. The next day I flew home, and I never saw him again.

The truth is, if he had leaned in to kiss me, I wouldn't have stopped him. And I don't know if I would have told my fiancé. But he didn't (lean in), and I did (tell my fiancé)—because it probably would've been more suspicious *not* to say anything. My fiancé was hurt, but grateful for my honesty. Eventually we moved back to New York, and the "hot fixer" became a joke between us. And while I'm happy that 88 percent of you don't think I did anything wrong, I'm *really* happy that an ocean separates me from my dodged bullet. ➤

#1: Is this cheating?

REDBOOK asked a panel of 50 men and women to weigh in.

yes

WOMEN	MEN
12%	8%

"This is emotional cheating. She found herself wanting Romeo to kiss her, and she wouldn't have stopped him if he did." —Teressa Morris, 45, Napa, CA

no

WOMEN	MEN
88%	92%

"She promised to be married—not dead. She can be attracted to other men; she just shouldn't act on it!" —David McCloud, 35, Terra Alta, WV

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CASE STUDY #2
The secret guy friend

Elsa* is 39 years old. She lives in Los Angeles with her lawyer husband, who works extremely long hours, their three school-age children, and a cat. "I'm the cliché lonely housewife," she says.

One night last year, Elsa was out to dinner with her friend Jane when they ran into a few of Jane's work buddies. They all sat together at the restaurant, and Elsa found herself next to a "shy, sweet Latin guy named Diego," she says. "He was a landscape architect, incredibly funny, incredibly smart, and we spent the whole night just cracking each other up."

The next day, Elsa got an email from Diego inviting her to lunch. "He knew I was married and had kids, so I didn't see any harm," she says. "We were obviously attracted to each other, but who's going to have an affair at Chipotle?" Nevertheless, Elsa didn't tell her husband about her lunch date. "I still don't know why," she says. "I didn't want to upset him for nothing."

Elsa and Diego met for lunch that day. And the next. And two days after that. "It was fun," she says. "I hadn't had fun like that in years, because I'm up all night with the kids or falling asleep at some lawyer's dinner party." According to Elsa, Diego instantly fell into the role of her best friend and confidant. "If I didn't see him, we'd talk on the phone—he was the highlight of my day," she says. Elsa would call Diego if she'd had a fight with her husband, and email him "anytime I saw or thought of something that would make him laugh." She told her husband about Diego, stressing the friend part, and even hired Diego to work on her parents' house so she could spend more time with him.

"I never thought I was cheating on my husband because Diego and I never did anything," she says. "We'd hold hands sometimes; he'd kiss me on the cheeks. It was nothing my girlfriends and I wouldn't do. He was like a hot girlfriend." A hot, straight, male girlfriend who was clearly into Elsa. "We've never spoken about it, but you can tell," she admits.

After a few months, Elsa's husband wanted to meet Diego. "I honestly didn't see any harm," she says. But after what Elsa thought was a pleasant evening, her husband was visibly upset. "He didn't understand why I was so close to Diego, and basically ousted him," Elsa says. "I think he could tell there was chemistry between us. But if Diego were a woman, my husband wouldn't even have wanted to meet him!"

Elsa's husband asked her not to see Diego anymore, "in the nicest, most wounded-puppy-dog kind of way," she says. "To refuse him would have crushed him." So Elsa agreed to break up with her best friend—except she never did. "Here's the messed-up thing about the whole situation: I am now seeing Diego behind my husband's back!" she says. "It's never been sexual, but it still feels wrong, having lunch with another man and lying to my husband about it." As wrong as it feels, the relationship continues—and Elsa has no immediate plans to end it. ➤

#2: Is this cheating?

yes

WOMEN	MEN
92%	84%

"The fact that a man other than her husband is holding her hand and listening to the details of her day is more adulterous than a one-night stand at an airport hotel on a business trip." —Ryan M. Lee, 34, Agoura Hills, CA

no

WOMEN	MEN
8%	16%

"Cheating is when you cross the line into a sexual relationship. But obviously something is missing in her marriage. She should work on *that* rather than having lunch with her 'friend.'" —Jennifer Lindblom, 40, Norwell, MA

THE GRAY AREA: Is it wrong to confide more in a male friend than in your husband?

ANDREA GOMEZ/GETTY IMAGES.

*Names and identifying details have been changed.

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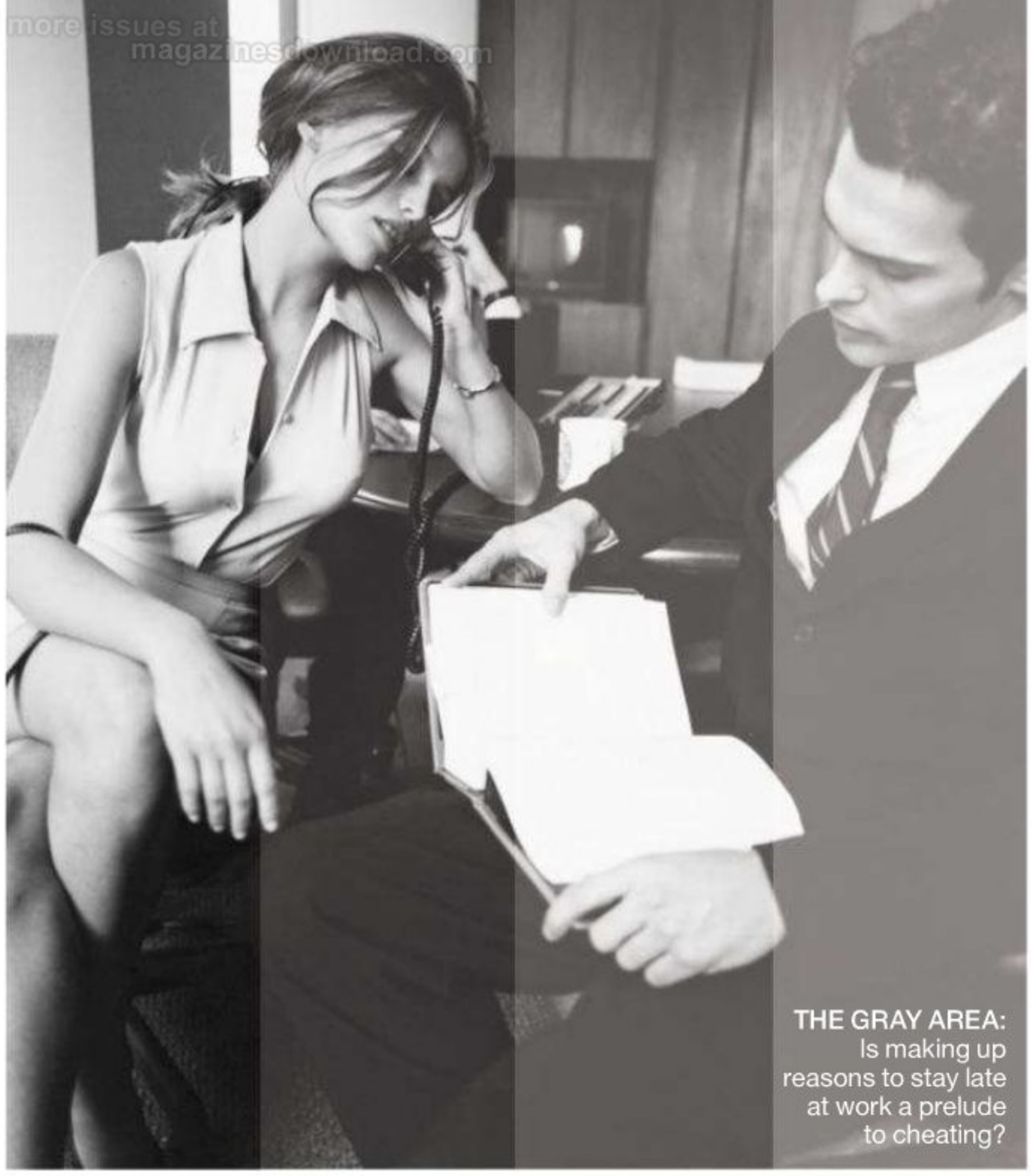

THE GRAY AREA: Is making up reasons to stay late at work a prelude to cheating?

CASE STUDY #3
The Facebook intrigue

"The trouble with Facebook is that it turns us all into voyeurs. It brings out the side of you that's looking for trouble." This is Annie. She's a 41-year-old fashion stylist in New York City. A few summers ago, about a year before her 20-year high school reunion, Annie was sitting at her desk at home, casually scrolling through her Facebook news feed. She saw a few friends mention the upcoming reunion, and she started thinking about her high school boyfriend, Sam. Normal enough, except that Annie's husband and 5-year-old daughter were in the next room, and "I wasn't just thinking about my ex," she recalls. "I was missing him."

So Annie did what any woman with a laptop would do: She tracked him down on Facebook. "As soon as I saw his profile picture—it was him on his family's sailboat, and he looked great—I felt like I was 17 again." Annie and Sam had dated for almost three years, and split up when they went to college. "I think we were 'the one that got away' to each other," she says. Further complicating the situation was the fact that they *had* seen each other a decade earlier, "before either of us was married. We had met at a bar, gotten drunk, and slept together."

Back on Facebook, Annie and Sam started a friendly, casual, "small-talky" conversation. "I told him about my work and my life, but I left out details of my family. I knew he was married, but he never mentioned his wife. And we sort of agreed to not talk about the elephant in the room: our hookup the last time we'd seen each other."

The casual emails continued for almost a year. Annie realized she was looking forward to checking her Facebook inbox constantly; she would update the app on her phone every five minutes. "I remember that my daughter once told me to put my phone down while we were having lunch," Annie says. "I felt terrible. It had become an addiction."

Then Sam escalated things with one simple email. "I had posted pictures of me and my daughter," says Annie, blushing at the memory. "And within minutes, Sam emailed me and wrote, 'Wow. You look more and more like your mother—and that's a good thing.' My mother had been a model, so the comparison wasn't as creepy as it sounds." But that email changed everything between them. "It was his way of bringing up the past, flattering me," she says. "We were going to see each other in about a month, and suddenly I was nervous, in a giddy way." That's when her double life started: If Annie got up in the middle of the night to get a drink of water, she would email Sam and tell him she was thinking of him. She got in the habit of closing the door to her home office when she was on Facebook. "I was telling him super-flirty things, like that I had dreamed about him," she says. "I posted pictures of myself with my hair in a ponytail, because he always liked that. And he would email things like, 'You're killing me, you know that?' I was going out of my mind wanting to see him—or to be more specific, wanting to have sex with him."

Finally it was reunion weekend. Annie panicked. She wasn't ready to be unfaithful to her husband, but she wanted to see Sam. At the last minute, she insisted that her husband and daughter make the five-hour car ride with her for the weekend. "When I walked into the party that night, I knew it was the right call," she says. "Sam was there, and it was obvious he didn't bring his wife. I knew he thought we were going to sleep together." So Annie grabbed her husband's hand, went to the bar, and avoided Sam all night. "Sam started flirting with my closest friend," she says. "He was trying to make me jealous, and it worked. I drank three glasses of wine in half an hour and left."

Annie and Sam haven't emailed or spoken to each other since. "I know the whole thing was wrong, but it wasn't *that* wrong," Annie says now. "I never so much as shook his hand, so it's not exactly like I cheated." ➤

#3: Is this cheating?

yes

WOMEN	MEN
60%	16%

"It's pretty cut-and-dried: She's sending sexually suggestive, secretive notes to her ex. And he's responding!"
—Vlad Berson, 35, Middletown, NJ

no

WOMEN	MEN
40%	76%*

"It's not cheating, though it comes close. Bringing her husband and family to the reunion says a lot about her character. She shouldn't have let the whole thing get so involved, but I think the important decision was the one she got right."
—Amy Charowsky, 27, Brooklyn, NY

**8% of men were undecided.*

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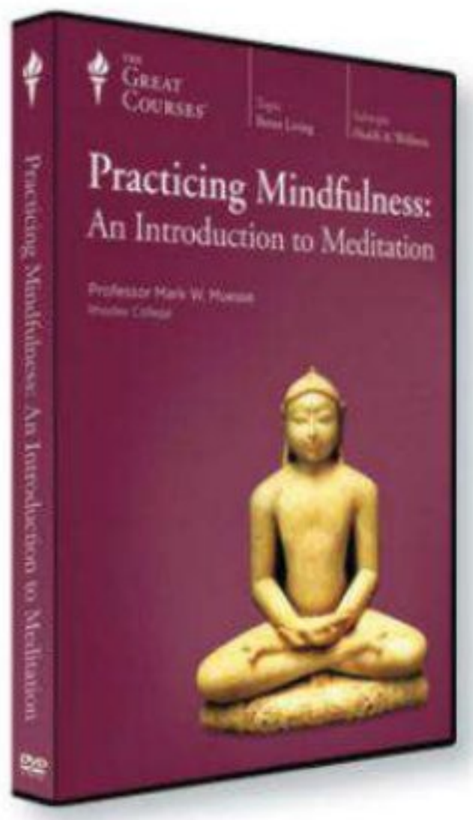

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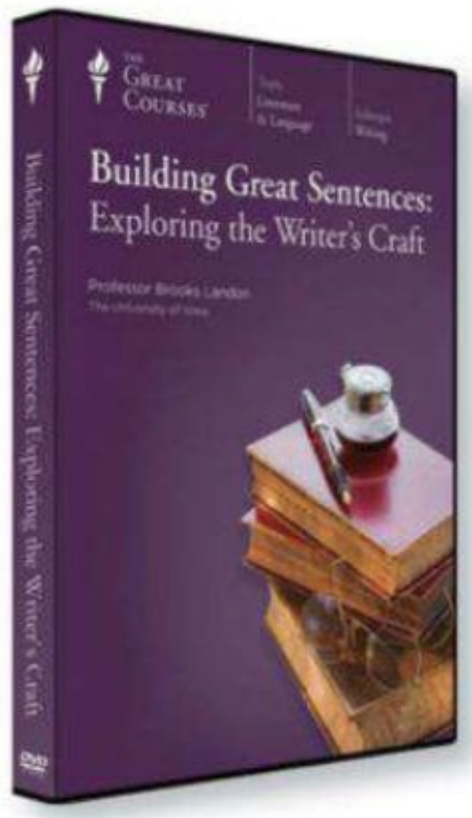

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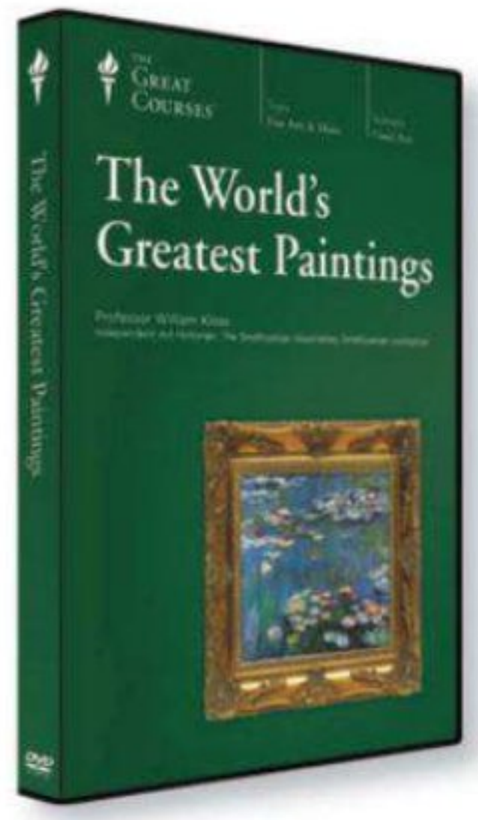

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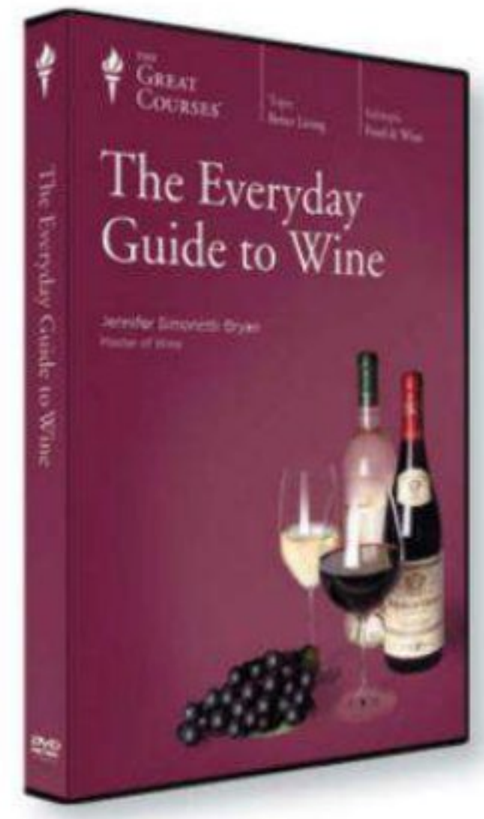

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CASE STUDY #4
The one-off kiss

Terry, a 33-year-old photographer in Seattle, describes herself as a "highly sexual and adventurous person," but when she got married in 2006, she took the fidelity part very seriously. "I really wouldn't trade marriage," she says, "but I do miss the thrill of meeting someone for the first time."

Two years after tying the knot, Terry went out for drinks with some old friends. Among them was Mark, "a hot gay friend," she remembers. "He's incredible looking, and I've always been attracted to him. And likewise, he can appreciate beauty in women." One drink became a few, and late into the night, Terry and Mark were outside on the sidewalk. "He went in for a kiss on the cheek and got my lips instead," she says. "I went, 'Oops,' and he said, 'Is it really an *oops*?' The next thing I know, we're completely making out with each other. He didn't seem gay *at all*." Their mutual friend, who was standing a few yards away, said, "Do you guys want to get a room?" Terry recalls. That brought them back to reality, and they laughed. The mood broken, they parted ways.

When Terry got home, she got a text: "You're an amazing kisser," Mark wrote. "I liked the confirmation," she says. "It's not something you hear every day, because one, you don't kiss as much when you're married. And two, your husband would never think to compliment you on your kissing. So I felt like a teenager when I got it."

Terry and Mark still see each other occasionally, but they haven't made out again. "I never mentioned it to my husband, because he'd be totally pissed that I had my tongue in another man's mouth, regardless of whether or not he is gay," she says. "I don't feel bad. It didn't lead to anything." She pauses. "And when I think back, I'm just turned on by how sexy it was to make out with a gorgeous man on the street in the middle of the night."

#4: Is this cheating?

yes

WOMEN	MEN
88%	96%

"Hello? You're married and you kissed a person other than your husband? Cheating!"
—Joey Fortman, 34, Philadelphia

no

WOMEN	MEN
12%	4%

"So she kissed a guy, and she liked it. So what? He was gay!"
—Jennifer [last name withheld], 28, Atlanta

AND **TWO** OF THE SMARTEST TAKES WE HEARD:

"Fantasies don't die with fidelity. [But] physical and emotional boundaries must be set first, and as long as those lines aren't crossed, you're not cheating."
—Austin Johns, 34, San Clemente, CA

"Ask yourself: If the situation were reversed and your husband was doing the same thing, how would you feel? That's how you know if you've crossed a line."
—Gina LeFurge, 43, Oakhurst, NJ

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New supplement nourishes body and ends dieting cycle

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two-thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

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Silke Ullmann is a licensed, registered dietitian who provides nutritional guidance for Almased.

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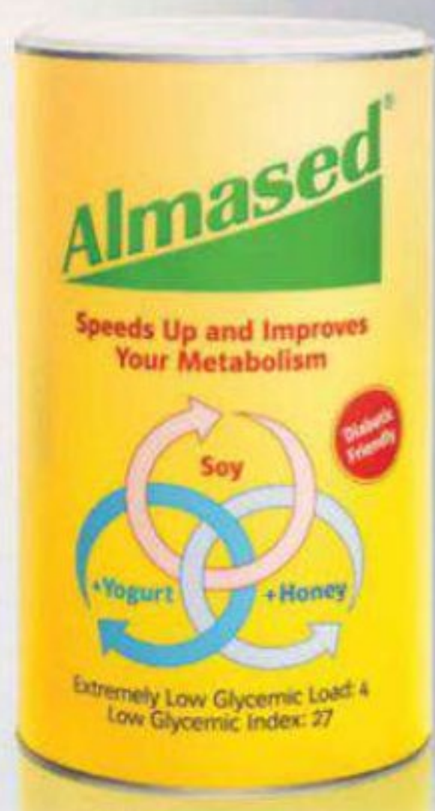

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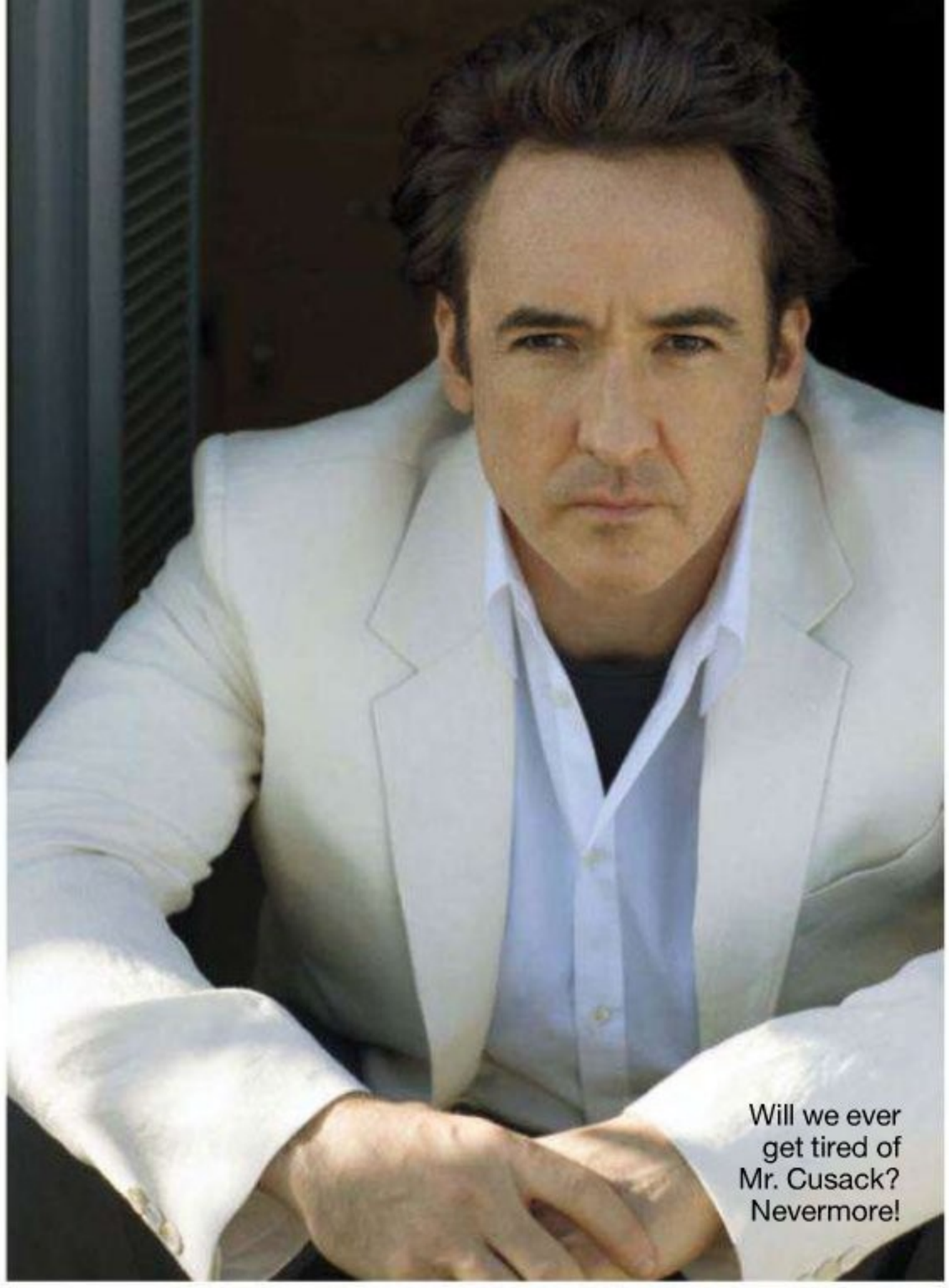

Will we ever get tired of Mr. Cusack? Nevermore!

JOHN AT A GLANCE

Favorite city:

BUENOS AIRES
"I love the cobblestone streets, old restaurants, and tango dancers in San Telmo."

New music obsession:

GOGOL BORDELLO
"I like to listen to bands that haven't made it big yet."

Hometown haunt:

WRIGLEY FIELD
"I'm a big Cubs fan—I find baseball very romantic!"

You play Edgar Allan Poe in the new film *The Raven*. Were you a fan of his growing up?

Yes. It was fun to be able to rediscover all his stuff again, because after you leave school you don't read him much anymore. And I found out how strange and funny, tragic and eerie he was as a person.

How so?

He was at war with the world, always feeling under siege. He would pick fights—he felt threatened by all males and he idealized women. He was a vicious alcoholic and a modern-day rock star, in a way.

You tend to play rebels. Why is that?

Those characters seem to be the most interesting. I can totally relate to going against the grain. I figure: Why would you want to do what everyone else is doing? God help you if you're understood by the world.

Of all the roles you've played, which one do you think is the most like you?

Probably Lloyd in *Say Anything* is the closest to me—or to who I was at the time. It was just a great love story about people in the '80s, and we all tried to make it feel as real as possible. It was such a wonderful time. We didn't leave anything in the gym; we put it all out there. And it's really nice that 20 years later, people still like the movie.

Are you still in touch with Ione Skye, who played your love interest, or any of your other leading ladies?

Yeah. Ione has two kids now, and is doing stuff here and there. Whenever I talk to her, it's fantastic. It's also pretty warm whenever I see Minnie Driver [his costar in *Grosse Pointe Blank*]. We talk, we text. There are always big hugs when we see each other.

Your newest crop of costars are decidedly younger—Vanessa Hudgens, Zac Efron, Emma Roberts. Is there much of a generation gap?

Well, I don't think music means as much to them as it did to me when I was their age.

I know music is a huge deal with you. Could you ever date someone who had different musical taste than yours?

I'd like to say I could. I was working with a great actress—a superior artist in every way—and she really liked Celine Dion. I tried very hard, but I couldn't understand it. I just can't listen to Celine Dion! So I guess music *is* a deal breaker.

Do you think of yourself as a romantic person?

I can be...

What's the craziest thing you've ever done for love?

I think that taking night trains or meeting someone on the road is pretty romantic. I've done a couple of things like that. I've surprised someone in Paris. And hopefully, when you surprise someone, they're happy to see you.

—MARISA FOX

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Want to feel fantastic about yourselves this Mother's Day? Read Aaron Traister's tales of dumb things fathers do. By comparison, you're flawless!

REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

Most of the moms I know, including my wife, Karel, are unnecessarily hard on themselves. So this month, to celebrate Mother's Day, I thought we'd take a look at some parental missteps from the Fatherhood Archives. While you guys are striving for perfection (or striving to be okay with imperfection), dads have a much simpler goal: to keep their kids out of the emergency room. Since it's relatively new for us to be heavily involved in child care, our expectations aren't so high, and we don't beat ourselves up about little mistakes. Trust me, these stories will make you feel like a regular Clair Huxtable by comparison.

The ultimate coffee break: I recently witnessed a dad at the park handing his 2½-year-old son about 20 ounces of lukewarm Dunkin' Donuts coffee. (He explained nonchalantly that he'd forgotten to bring any juice or water along.) I watched in stunned silence as the kid hammered back every last drop. The dad then turned to me, oblivious to the fact that he had essentially weaponized his child with caffeine, and said, "Huh, I've never seen him drink that much coffee at once before."

I burst out laughing.

I'll admit that this guy's methods were unorthodox, but his kid seemed to really enjoy himself: He spent the next two hours doing deep knee bends and high-speed Krav Maga moves while humming something that sounded like the libretto from *The Magic Flute*. When I left, the dad was trying to wrestle his boy into the stroller. It wasn't going well: His toddler had the strength of 10 men!

Shark attack: My buddy Brock loves nature, and he's determined to instill that same love in his kids. His older boy really took to sharks, so Brock nurtured that interest as well. Now, no one would argue with a dad's imparting his wisdom about animals and the environment to his 4-year-old son. But most people would not let their small child watch *Jaws*. Just to reiterate, *my friend let his 4-year-old watch* Jaws. About a week later, I noticed Brock's son showing my 3-year-old boy pictures of shark attack survivors and explaining that "the sharks are the *real* victims." Surprisingly, my son handled the missing feet and lost chunks of thigh much better than he handled Lots-O'-Huggin' Bear from *Toy Story 3*. I should also point out that Brock's son doesn't wake up in the night screaming, "We need a bigger boat!" In fact, he's still nuts about the ocean, sharks, and the

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scene in *Jaws* where Roy Scheider, Richard Dreyfuss, and Robert Shaw get drunk and sing in the galley of the *Orca*. Well done, Brock.

Can someone defrost my child? My buddy Owen emailed me this one, about the morning when he left his daughter's car seat in his wife's car. He was running late for work and needed to get his kid to her grandparents' house. "So I strapped her into her seat on my bicycle and rode through five miles of windy, hilly Pennsylvania countryside to get there," he wrote. "Because I was running so late, you could accurately call my peddling pace 'brisk.' You could also call it 'brisk' because it was the middle of January in the Pennsylvania countryside, so I guess you could also call it 'freezing.'" Owen admits this wasn't his finest parenting moment, but he didn't dwell on it. After all, they made it to their destination in one piece. Which isn't to say these gaffes always work out for the best. Case in point...

> "I lifted my kid onto my shoulders and promptly ran him into a street sign. He had a **goose egg** on his head for a week."

The pig dude: Steve lives in my urban Philadelphia neighborhood. Steve decided to surprise his wife and 8-month-old daughter with a potbellied pig for Christmas last year. This is a wife who, according to Steve, never had pets growing up, and who had given birth eight months earlier and probably hadn't had a decent night's sleep since. Think about getting a puppy during your first year as a parent—horrible, right? Now imagine that puppy is a pig and that you live in urban Philly. Believe it or not, I met Steve in a bar, where he was pleading with other patrons to give "Kevin Bacon" a new home. You can't make this stuff up, folks.

Out with a bang: My Facebook friend Abe told me about a recent evening he spent bonding with his 3-year-old son: "After a late Utah Jazz game, I lifted my exhausted kid onto my shoulders and promptly ran him into a street sign. He had a giant goose egg on his head for a week. Oh, it turned out fine."

And that's the key: "It turned out fine." The guys in this column are all great dads. They love their kids, and they're involved. But they happen to be human, and we know you are too. So the next time you're beating yourself up because the kids haven't washed their hair in a week, or the TV's been on all day, or the couch is full of Cap'n Crunch, remember: It will turn out fine. And even if it doesn't, we still love you, because, at the very least, you didn't buy a pig. ®

Straight answer from the Whys Guy

Dear Whys Guy: Every Mother's Day, my husband calls his own mom before saying anything to me, the woman who bore his children. Am I right to be annoyed by this? —Angie, VT

This is a very "Which came first, the chicken or the egg?" kind of question. Before getting annoyed or angry, take a minute to remember what it took to bear your husband's children. Think about how much it sucked: the pain, the scariness, the exhaustion, the humiliation of sitting on a whoopee cushion for a week afterward. Do you remember all that? Good. Now imagine that 20 years from now, your little angels don't call *you* first thing on Mother's Day to thank you for going through that for them. In other words, before biting your guy's head off, try to put yourself in his mom's shoes. Then let him cook you an omelet.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

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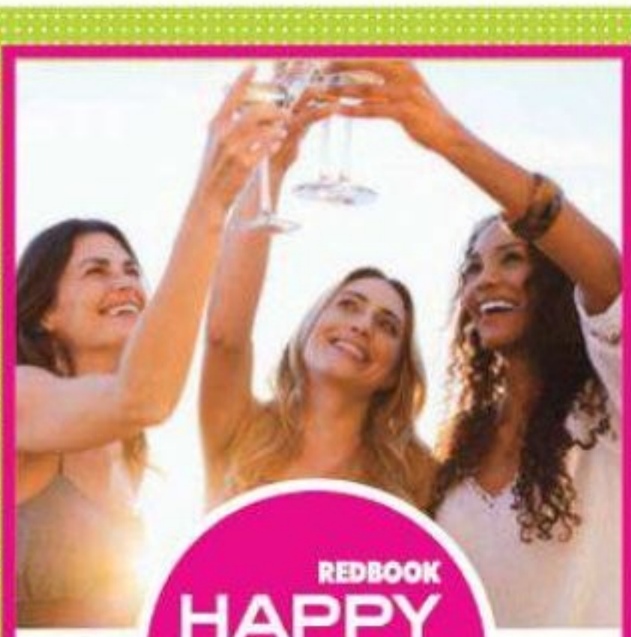

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Advice guru Karen Karbo is a mom, a teacher, and the author of the book *How Georgia Became O'Keeffe*.

Draaama! If you've got way too much in your life, Karen Karbo is here to help.

He's never in the mood

My husband and I started going to strip clubs, just to add fun to our already-hot sex life. Then that turned into the *only* thing that would get him in the mood. I finally blew up and told him I'd had enough of that scene, and now he never wants sex. He says he's old and things don't work like they used to. What is wrong with us? I miss his touch terribly. —R.L., 44, SOUTH CAROLINA

Unless he's simply withholding sex to punish you for putting an end to the strip-club action (if so, I think he may be the first man in recorded history to resort to a sex strike), it sounds to me like you two need professional help. I ran your predicament past my friend who's a couples therapist, and she suspects that your husband may have become a little addicted to the stripper thing, or that it has distorted his sex drive to the point where he's no longer able to perform sexually without it. Schedule a meeting with a therapist for the both of you; she'll help you get at the truth without damaging your relationship. And while you're waiting for the appointment to roll around, show him that you're still game for a little experimentation. As you already know, good sex is about spontaneity and fun, so don't go cold on him when he probably needs your love the most.

Can I win my BFF back?

After my best friend met her boyfriend, we stopped hanging out as much because she "didn't have time." I was so fed up and hurt that I said something really harsh to her. I've apologized, but now we only speak a few times a year. I'm sad about it. Can we get our old friendship back? —A.K., 28, PENNSYLVANIA

Keep the faith! There's a very good chance you can repair your friendship—but it won't be the same, nor should you expect it to be. You can never step into the same river twice, as the Greek philosopher Heraclitus said. People grow and change. Even if your friend hadn't met this guy, your relationship would've evolved over time for a million other reasons. The best you can do for now is leave the door wide open, because time is on your side. As your harsh remark slips into history, your friend will feel less angry, and as people age, they tend to cherish their old pals more. I bet she'll come to appreciate you again.

My ex won't leave me alone!

An old boyfriend just won't let go: He constantly posts things on my Facebook page and RSVPs to events that I'm going to. He even relocated to be closer to me! Isn't this borderline harassment? —A.M., 43, FLORIDA

I'm definitely concerned for you. If your ex's actions become threatening or make you fearful, you may be able to get some kind of protective order, according to the Stalking Resource Center. Bottom line: You can't control his behavior, but you can control yours. For advice on how to de-friend and distance yourself from him without escalating the problem, call the National Domestic Violence Hotline at 800-799-7233. They can connect you with a smart, experienced advocate.

TARA DONNE.

Can't she see that I'm happy?

I moved to Alabama from New York when I got married, but my mom hasn't quit bugging me about coming back "home." I'm happy where I am, and she knows it's not feasible for my husband and me to uproot our two young kids with no job prospects just to be near her. I tell her all of this, but she only nags more. How do I get her to understand without being disrespectful? —K.E., ALABAMA

She obviously loves and misses you and her grandchildren, and that's why she doesn't really hear you when you say you're happy. But you're right, her nagging is not okay. When she starts in, have a stock response at the ready that lets you acknowledge her feelings while firmly shutting down her hopes, like: "Mom, I miss you too, but this is our home now, and we're not moving." Then show her that you share her desire to connect more by setting up regular Sunday phone or Skype dates. Her urge to have you near is ingrained in her as a mom. Try to remember that one day this might be you!

Do *you* need life advice?

Send questions about perplexing friends, family, mates, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

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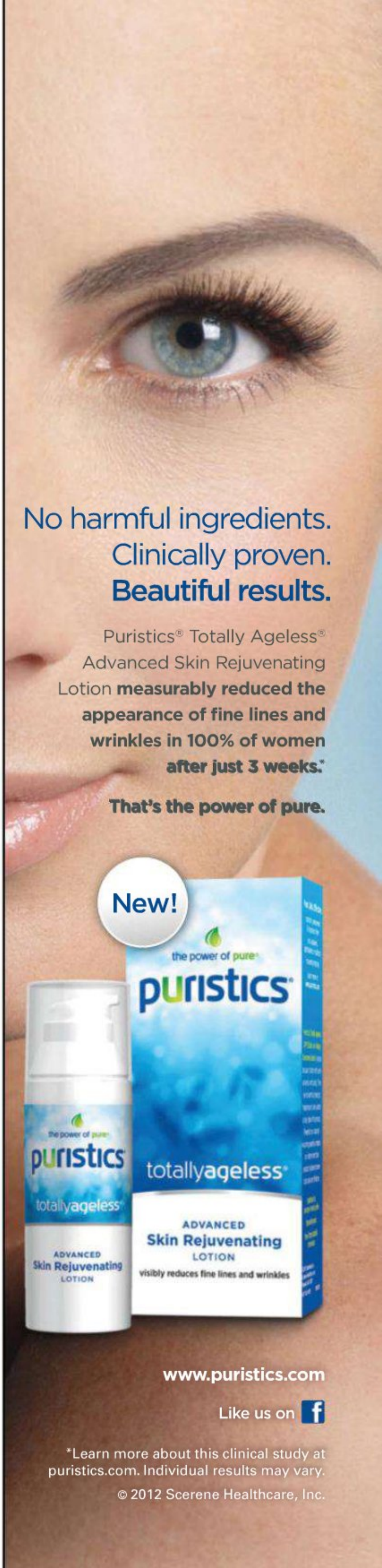

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We salute you, single moms!

On May 11, we hope every mother out there gets breakfast in bed. And if you're a mom who does it alone, like the five on these pages, know that we're taking this moment to raise our mimosa glasses to *you*.

"My network of mom friends is my other half" →

I became a single mom by choice, because I was confident, independent, and really, really wanted children. None of that helped me, however, when I found myself with a newborn and the stomach flu, unable to stand upright long enough to change a diaper or lift my baby girl into her crib. I discovered the limits of autonomy as I lay in bed with my milky infant and agonized about my options. Desperate, I emailed a mothers' group through my church in Cincinnati: "I'm violently ill and really need help tonight. I know you're all busy with your own bedtimes, but can anyone possibly come by for an hour or two?" A fellow mom—who I'd never even met before—was at my door in minutes. And thus a wonderful pattern began.

Partnered parents have a copilot, a significant other, to help when times get tough. I don't. Instead, I have a community of other mothers on this journey, and four years into the trip, I've become convinced this village of moms has made my family whole.

Years have passed since that flu, and I've moved to Toronto, but my fellow moms still remain my other half. A week before my daughter's third birthday, I was struggling through a practice cake—strawberry-shaped, per her request, with pumpkin seeds on pink icing and a complicated green section for the stem. When my neighbor Sarah happened to knock on the door, we started chatting, and soon enough I was crying from fatigue and lamenting a midwinter birthday, a fussy new second baby, and the absence of family. She hugged and consoled me, and left. An hour later, she was back with the most fragrant potted spring bulb, a pink hyacinth, that's obscenely expensive in January. She had dragged her own two small children out into the snow to find the flower. It was the simple gesture of support that I had needed to keep me going.

I've never forgotten these kindnesses, and I try to pay them forward. When a mom I met outside our daughters' ballet class confided of a worrying lump, I filled a bag with chocolate, magazines, and bubble bath for her.

Andrea Hopkins with her daughters, Claire, 4, and Anna, 1.

And after a neighbor told me of her house full of vomitty kids, my daughter and I got out the mixing bowls and had breakfast muffins on her doorstep before dawn. It's not much. Muffins. A spring bulb. A hot meal. Extra chairs for the birthday party, a can of chickpeas in a pinch, a playdate when someone really needs time to herself. But these little things that my mom friends do for me, and I for them—they're *everything*. —ANDREA HOPKINS is a writer in Toronto ➤

COURTESY OF SUBJECT.

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"I'm a proud single parent—even on food stamps"

Lorraine Ladish with daughters Alexia, 7, and Chloe, 10.

In 2007, I was a married mother of two kids, living in a four-bedroom house with a pool. My income as a writer and Spanish translator helped to support our comfortable lifestyle. Then came 2008. As newspapers closed down, I lost writing gigs, and my husband was unemployed as well. After years of trying to keep our marriage going, we divorced and had nothing left but a huge pile of debt. The girls and I moved into a small two-bedroom apartment in 2009. I was so broke I could barely keep enough gas in the car to drive them to school, and was forced to sell my jewelry and family heirlooms. I can still remember my 4-year-old admiring the bling in the cases while the jeweler handed me an $800 check. It was just enough to cover the rent.

I was too proud to ask for help, but thank God I wasn't too proud to accept it when it was offered. After a rough day of job hunting, I unloaded on an acquaintance that I had sold my jewelry. She was twice divorced and told me she'd been saving her platinum engagement and wedding rings for someone in need. Pressing them into my hands, she said, "Sell them. For you and for your girls." Had I not been a mom, I never would've accepted such a gift, but my need to provide smothered my pride. I cried as I took her jewels, and told her I would never forget her gesture. "I was waiting for the right person," she said.

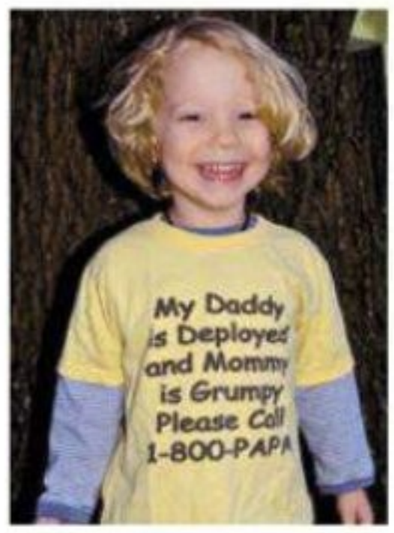
Soon after, another friend came through for me in a different way. He asked me why I hadn't applied for food stamps. "But those are for poor people," I said. He just stared at me. I couldn't face how much my life had changed—the year before I'd been donating to charity, and now *I* needed it. I applied, and we qualified. A few weeks later we had food on the table. Jobs eventually returned and I got back on my feet, but I'll never forget those days of need and the generosity of near strangers. Now, my 10-year-old gives clothes she's outgrown to a friend whose single mom is struggling. It's not about being thanked, but about making them feel a little warmer and more hopeful about the future, just like others did for us. —LORRAINE C. LADISH is the managing editor of the website VOXXI Mujer for Latinas

"I do it all when my husband's deployed"

Erin Rovak Henderschedt with husband Tom and sons Huck, 7, Zeke, 4, Jack, 13, and Jed, 11.

When I married Tom, a naval officer, 16 years ago, I never envisioned myself becoming a single mom. But here I am, commander in chief at home to four boys while my husband is on a 20-month deployment overseas—his third since 9/11. I'm out there pushing the mower, pulling weeds, and trimming bushes when the grass starts growing in the spring. When a shelf in our craft closet fell down, I was the one at the hardware store buying the parts, whipping out the electric drill, and putting it back up. And when I decided the family room needed freshening up, I picked the color (peanut butter brown) and painted it myself.

Knowing I can do the heavy lifting is pretty empowering; it's the emotional work that wears me down. One of our boys is autistic, and when he has a rough day, I find myself carrying the weight of it all, because it feels selfish to share it with Tom while he's shouldering heavy responsibilities with international consequences. I keep my emails and video calls with him light, so I usually lean on another Navy wife. And I've been deeply touched by words of encouragement from friends and strangers in our community. Hearing a simple "Thank you for your service and sacrifice" gets me through some tough days.



Zeke has this shirt to make him laugh while his father is away.

Unlike other single parents, my situation is temporary. When Tom returns in July, I'll be ecstatic. But I confess, readjusting after a long deployment can be tricky. He can feel out of the loop and unsure of his role. It takes a while to find the new dynamic, but being aware of the problem makes it easier—and we've had a lot of practice! In July, we're headed to Disney World for a much-needed family vacation. And then, after more than a year and a half of solo parenting, it might be nice to take my *own* vacation. —ERIN ROVAK HENDERSCHEDT blogs at deploymentdiatribes.com ➤

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Reshma Yaqub, at home with her boys, Zach, 8, and Zain, 12.

"It's hard to let go of your kids when you share custody"

An entire day and a half to read books, sleep in, take uninterrupted baths?!" That's the envious cry I hear from married moms when they find out that my 12- and 8-year-old sons spend the bulk of each weekend with their dad. Since my marriage ended two years ago, my boys are with their father—a wonderful, loving father—from Saturday afternoon through Monday morning. That's two nights a week I'm alone, without the bedtime struggle or midnight requests for water, but also minus irreplaceable tuck-ins and the comforting lullaby of little snores.

The truth is, I feel like a mother isn't meant to be separated from her young children—I'm not there for a third of their short childhoods. I want to be the one making little decisions like whether they should keep that sweatshirt on to play outside or if they've eaten enough dinner to get dessert. Complicating matters is that the rules are more lax at Dad's house. Bedtime is later. Screen time is longer. Discipline is different. There's a duality to my children's lives, and I can't do anything about it. I've had to accept a certain lack of control and focus some of my nurturing energy inward. For me, sharing custody is like facing an empty nest a decade early. It has required a reinvestigation of who I am and what makes me happy. I've restarted the improv classes that lit me up in the years before having kids, built an excuse-free relationship with my treadmill, and given away my TV (which invited me to sit on the couch feeling sorry for myself). Now I spend that time reading books that make me *feel* something. And I've restored my commitment to my faith through prayer.

"For me, sharing custody is like facing an empty nest a decade early."

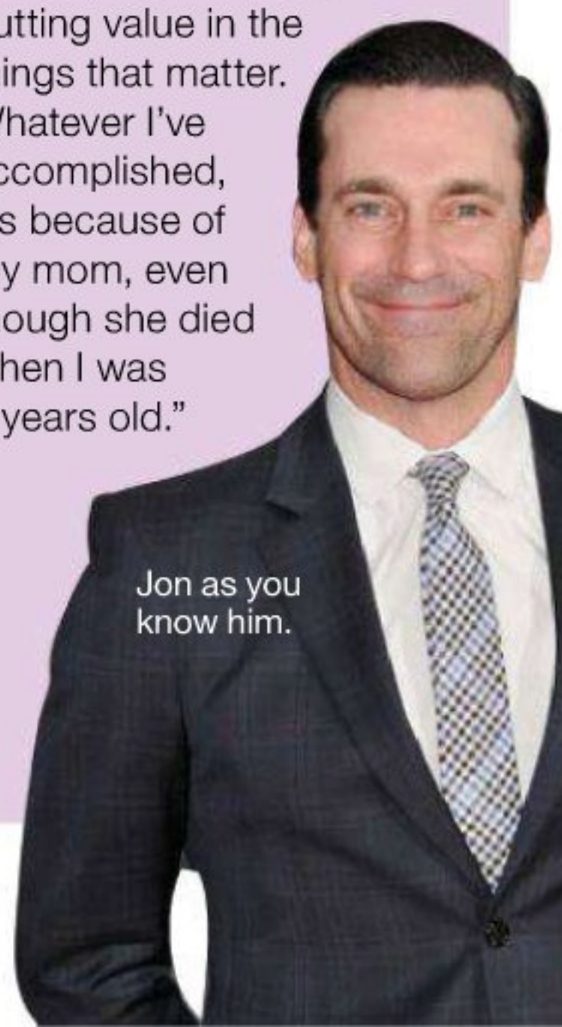
These steps don't fill the space that the absence of my children has created. But they do push me to focus on being resilient and positive. In a more standard family, I might have found myself wishing away my boys' childhoods under the pressure of unrelenting demands at home and at work. But now, the demands are all too relenting. That allows me to be more patient with my sons than I might otherwise have been—and, most importantly, to be fully present in the moments with them, even the challenging ones, because I know how fleeting they really are. —RESHMA MEMON YAQUB is a writer in Bethesda, MD ➤

JON HAMM ON HIS SINGLE MOM

The *Mad Men* star told REDBOOK that he was raised primarily by his mother, Deborah, after his parents split. And before he lost her to cancer, she gave him everything he would ever need.

Jon, 2, with his mom in 1973.

"My mom did an amazing job at instilling incredible confidence in me. She was a secretary back in the '60s and '70s. She would say, 'There are opportunities in this world. Take advantage of them.' She impressed upon me that achievement is something to be lauded and to work toward. She told me that I could accomplish anything I wanted, and that really stuck with me. When I became a teacher out of college, I tried to instill that same sense in my students—that it's not dorky to be good at school, that it's about putting value in the things that matter. Whatever I've accomplished, it's because of my mom, even though she died when I was 9 years old."



Jon as you know him.

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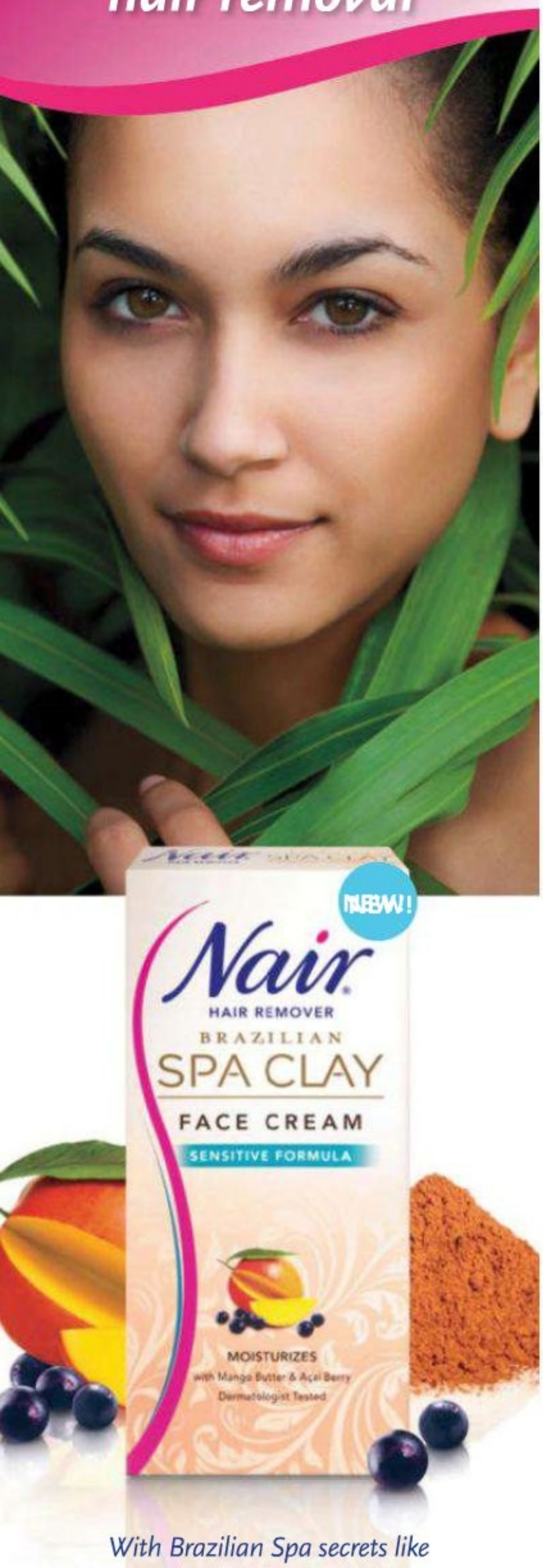

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GETTING BACK OUT THERE: SINGLE MOM EDITION

Christine Coppa, single mom to a 4-year-old boy.

If you're a single mom who's dating, you *will* have stories to tell. About trying to explain to a young, single guy what a stretch mark is and how you earned yours. Or asking Grandma to spend the night and babysit so you can, you know, have a morning after. I've heard about everything from leaking breast milk during a first date to getting caught in the act by an 11-year-old. I started dating again two years after my son was born (my child's father left me when I was 11 weeks along). I agreed to a blind setup and had to have a pre-date martini just to dull my nerves. Later that night, when I pulled out my wallet to pay for a round of our drinks, one of my son's pacifiers went flying into the guy's chest. It was hilarious, and he laughed it off, thank God. Getting back out there again has made me realize that while my son's father hurt me to my core, there are quality men who are interested in single moms and not at all under the impression that we're looking for help or a ring. And honestly, isn't *all* dating pretty awkward? See if you can't relate to these moms' stories:

"I'd been seeing my now-fiancé for two months when he came over to pick me up for a date. When I opened the door, he looked green and collapsed on my couch, clutching his stomach. I sent the sitter home and put my 2-year-old to bed. Next, I gave my date some Pedialyte and poured myself a glass of wine. He looked at me like I was crazy and was hesitant, but I said, 'Drink up, honey bunny,' and made him. He slept off his stomach bug and felt better in the morning. Typical single-mom date, I guess!"
—Tiffany, 29, Waukesha, WI

"I was on a first date and had just disclosed that I had a child when I got a text message from the guy I was with that said: 'Not as advertised… Help!' Clearly this was about me but not intended for my eyes—he had sent it accidentally! I was mortified, and it was a huge blow to my confidence. I fled the scene, but now I can look back and laugh."
—Suzie, 28, Matawan, NJ

"My kids were sleeping, so I invited my date in after a night out. One thing led to another, and we were in my bed. It must have tired us both out, because we fell asleep. I woke up in the middle of the night next to my snoring naked date and my 4-year-old son, who had crawled in while we were sleeping. I panicked, threw on a shirt, and carried my son back to his bed. Needless to say, I no longer invite dates home."
—Jodi, 35, Beaumont, TX

"When my babysitter bailed at the last minute, I asked a date if my daughter, a toddler, could come along, since we had planned on just hanging out in the park anyway. He was cool with it, and we all had a great time eating lunch and feeding the ducks. It wasn't without cringe-worthy moments, though: My daughter insisted on calling him *Dada*. She also chucked her sippy cup at his head when he hugged me goodbye. I guess she was jealous!"
—Camey, 27, Astoria, NY

—CHRISTINE COPPA is the author of *Rattled!* and pens the Mama's Boy blog for parenting.com

COURTESY OF SUBJECT.

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8 things never to say to a single mom

Dating… getting naked in front of a new guy… sex… I just can't imagine it.

Happy Father's Day!

Were you planning on getting pregnant?

It's terrible to be a child of divorce. But don't worry, I'm sure your kids will be fine.

You'll find someone once the kids are grown. Just give it 15 more years.

You can borrow *my* husband.

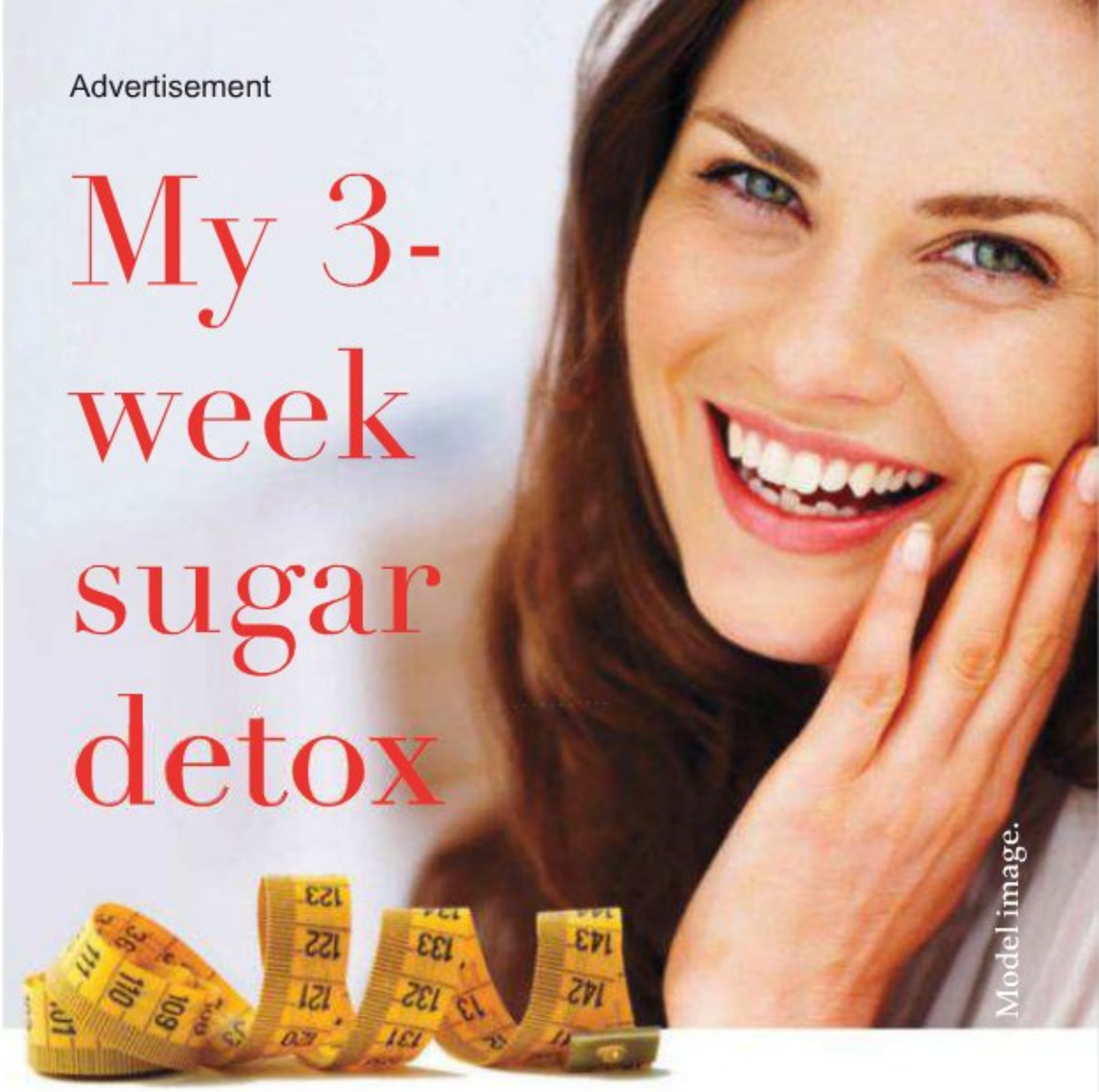
You're *so* brave.

I know a single dad who would be perfect for you. He's got five kids. You'd be like the Brady Bunch!

—Compiled by REDBOOK'S mom-council blogger (and single mom) ALICIA HARPER, and our Facebook fans

Advertisement

My 3-week sugar detox



Model image.

Here is the groundbreaking natural mulberry tablet – to end your sugar addictions!

Anne's story: "I love sweets. Admittedly, I let sugar control my eating habits. Whenever I was tired I would grab some candy, and in the evenings I would get tempted by chocolate and ice cream. I felt like a sugar junkie and I was growing out of my clothes."

I lacked willpower

"I stopped by my health food store one day to get some help. The storeowner was not surprised about my problems with sugar.

He suggested that I try a 3-week "sugar detox" using a new supplement called Mulberry Zuccarin. "It will help stabilize your blood sugar naturally by cutting the amount of calories you uptake, he explained."

Cheating the sugar - with Mulberry Zuccarin

"I followed the store owner's advice and took one tablet with each meal that contained carbohydrates. The mulberry extract would block the calories in the carbohydrates from being fully digested. In other words, I could "cheat" with mulberry. So I could eat carbohydrates and not have to worry so much about my weight."

Suddenly, I felt it work

"By the end of the second week, my energy had increased and I started to feel great. I had changed my eating habits with Mulberry Zuccarin, and as a bonus I started to fit into my old clothes again. Hurray!"

New Nordic's Zuccarin is Scandinavia's leading carb blocker.

Contact us:

www.newnordicusa.com
1-877-MY NORDIC

Available at these retailers:

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GNC Live Well
With us, it's personal.

These statements have not been evaluated by the Food and Drugs Administration, This product is not intended to diagnose, treat, cure or prevent any disease.

Nikolaj Coster-Waldau, interviewed by his kids, Safina, 8, & Filippa, 11

The *Game of Thrones* hunk tries, and fails, to slap on the parental controls.

Filippa: Dad, when are you going to let us watch *Game of Thrones*?

Nikolaj: Oh, no! No, no, no. We've let you watch a few of the fun parts, but there are many more parts that are just not for kids.

Filippa: My favorite part was when you pushed that little boy out of the window when he saw you kissing that girl.

Nikolaj: *You saw that?!*

Safina: It's fun to see you on TV even when you're being bad! How do you feel about being away from us when you're working?

Nikolaj: That's by far the biggest downside of my job, having to be away from my favorite girls. But we all had a great time on our holiday to Los Angeles, right?

Safina: Yes. But the traffic isn't fun.

Nikolaj: The traffic is pretty terrible. I can't imagine the road rage in this town—there's nothing even close to it in Denmark.

Filippa: And we loved going to Disneyland. Mom was screaming so much that she lost her voice!

Safina: How funny is Mommy on a scale of 1 to 10?

Nikolaj: She is definitely a 10! She can make the funniest faces and has a very good sense of humor.

Filippa: What have you learned from living with all girls?

Nikolaj: I grew up with a single mom and two older sisters, and now even our dogs are girls. So what have I learned? Three things: great patience, that I'll never understand women, and that my male friends are very, *very* important to me. —ADAPTED BY LORI BERGER

While Nikolaj shoots a new Tom Cruise movie and handles his kids in New Orleans, his wife, Nukaka, is spending the month of April crossing the Greenland ice cap on skis, to benefit Children of Greenland. A couple of real slackers....

ADAM FEDDERLY. INSETS: COURTESY OF SUBJECT.

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ENERGY STAR

My grandma's lingerie

Nothing means more than a memento left to you by an adored relative. But what if that cherished something is a little bit… sexy? Caitlin Moscatello ponders.

Me and Gram in 2003.

Just a piece of my inheritance.

There are a million reasons not to wear your grandmother's lingerie. The main one is: We all know what happens in lingerie, and thoughts of grandma usually don't go with thoughts of all *that*. But this is how my grandmother's teeny, silky things found their way into my closet.

When the news came that my Gram had only a few months to live after a long battle with ovarian cancer in 2008, the hospice nurse sat me down and said that if she tried to give me anything, I should let her. "It will help her accept what's happening," she told me. For this reason, I followed Gram, whom the rest of the world knew as Maryann Chizmar, as she led me into her guest room one day, saying she had something for me. I can't remember what I was expecting on that short walk down the hallway. Candlesticks, or a vase—maybe an old family scrapbook. Whatever my vision was, it vanished the second she opened the closet doors, revealing a rack of silk nightgowns and lacy, see-through nothings.

"I want you to have it," she said. "All of it." I scanned my brain for the right reaction, but instead just stood there confused. Then my eyes caught a long black nightgown with a tag still attached, and it hit me: Until her diagnosis, Gram had still been waiting for another man to come along—even after two failed marriages. She wasn't just giving me her lingerie; she was passing down her optimism that love is always out there, even if you're not looking, even if you've nearly forgotten the thrill of being touched by someone you're crazy about.

My entire life, people had pointed out how many of Gram's mannerisms I had inherited. I took it as a compliment—Gram was a beauty. Even as a kid, I was aware of the way eyes lifted and heads turned when she walked by. Some of this was due to mathematics: Gram gave birth to my dad as a teenager, and my parents had me in their early 20s, so she was only 41 when I was born. While my friends' Nanas and Me-maws wore tracksuits and played bingo, *my* Gram glided around in three-inch heels and sailed the Caribbean with her British boyfriend. I mimicked her walk, played dress-up in her Dior, and puffed on candy cigarettes while she smoked Virginia Slims.

Starting in college, Gram was the person I called after a bad breakup or a bad decision (see: making out with coworker). I could talk to her about these things, because just like her, I've always had a lot of love in my heart but I've never been much good at relationships. In return, she called on me: I sat by her side in the hair salon before her first chemo treatment as the stylist buzzed off her gorgeous blonde bob. I told her short hair was in, that she looked like Sharon Stone. She just nodded at me as if to say, *No, but that's okay. I'm here, and you're here, and we'll be just fine.* ➤

KAT TEUTSCH. PROP STYLIST: KARIN OLSEN FOR MARNIE ROSE AGENCY. INSET: COURTESY OF AUTHOR.

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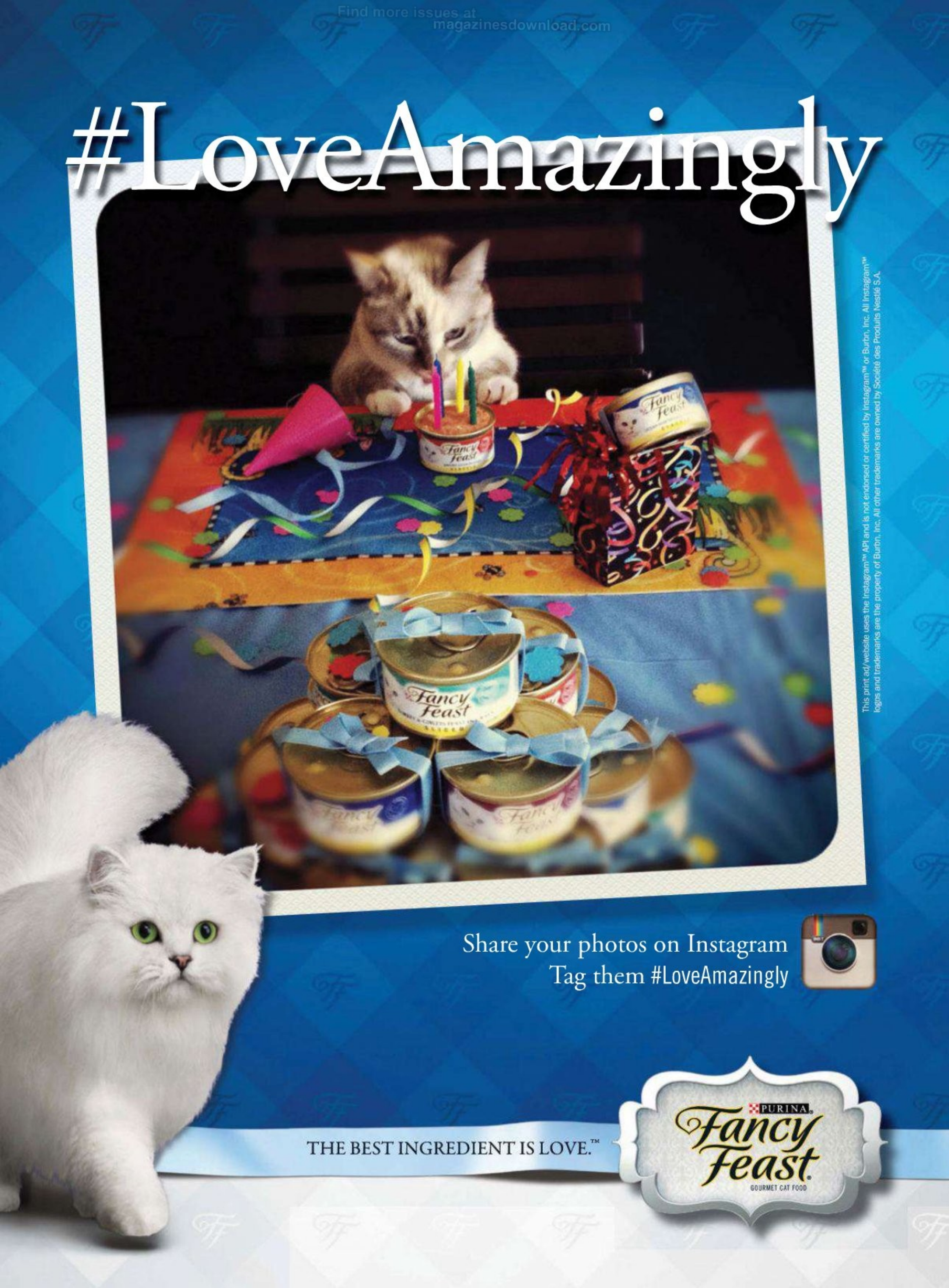
#LoveAmazingly



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Gram with her mom at her 1958 wedding.

She died on a Sunday, at just 66 years old. I held her hand with both of mine and watched her chest rise, fall, and fail to rise again. In that moment, the finality of it didn't quite hit me. But the night after her funeral, I returned to my empty apartment and came to terms with what I knew but hadn't accepted: Gram was irreversibly gone. I couldn't call her; I couldn't drop by and rattle off my latest dating mishap. Too exhausted to reach out to anyone, I sat on my bed like a child, feet hanging over the edge, and sobbed.

Then I saw the cardboard box staring at me from the floor of my closet.

I can't tell you why I locked the bathroom door. Nobody was around, but it made perfect sense to turn that button 90 degrees. What I can say is how relieved I felt when I opened the box and smelled her perfume. She rose right up from the folded nightgowns. "Gram," I said, sticking my face against the pieces off satin. I repeated her name over and over, grateful that she had come back to me in some way.

Eventually, I took off my clothes. Sad clothes. Funeral clothes. I reached into the box and pulled out a turquoise slip, raised my arms, and took a deep breath. A sense of calm poured over me along with the nightgown. *I'm here, and you're here, and we'll be just fine.* I looked up—and found the young Maryann staring back at me. I was so much like her, more than I had realized.

That was three years ago. Have I worn her lingerie since then? Until recently, the answer was no. I felt that whoever saw me in my grandma's lingerie had to be worthy not only of me but of her—a standard I wasn't sure anyone could live up to. Definitely not the hedge fund executive who I couldn't imagine a real life with. Or the sensitive, babbling author who treated me more like his editor than his girlfriend (okay, I *am* an editor—but fielding story ideas is hardly foreplay). Same goes for the Aussie environmentalist, the concert pianist, and the lawyer who played golf on Sundays with other lawyers who played golf on Sundays.

> Whoever saw me in my grandma's lingerie had to be worthy not only of me but of her.

Not that all these men loved me, either (and for the record, most of them only saw me fully clothed). But for those who did, I either didn't feel the same or wouldn't let my guard down. Maybe that's because as much as men adored Gram, I also saw her get hurt by them. When her second husband left, he took their fish out of the tank and let the door slam behind him. As a kid, I couldn't believe how cold he was, but it didn't change anything for Gram. She was as hopeful about love when she died as she was before her first walk down the aisle. I wish I were like that, but I'm not. I've often wondered, how do people trust each other with their hearts? How does that *happen*?

I know what Gram would have said: "It doesn't. At least not to people who are *too* cautious." That's why a short time ago, I finally slipped into one of her silk pant-and-camisole sets. He—as in my boyfriend of over a year, who happens to be the kindest, steadiest man I've ever met—was already in bed as I peeked out from behind my closet door. It occurred to me that he might be skeeved to do anything sexy in my grandma's hand-me-downs, so I let the moment just be for me. Then, as anyone who grieves must do, I let Gram escape from my mind. I was finally allowing myself to fall for someone, just as she had hoped. And even though she'll never meet the man who sees me in her lingerie, I know she would approve of him, for the simple reason that I chose him. In some sweet, absurd way, she chose him too. ®

COURTESY OF AUTHOR.

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WORK & MONEY

LIVE WELL & LOVE WHAT YOU DO

REDBOOK's 30-day money cleanse

Slim down your spending and fatten up your nest egg with the tiny daily steps in this plan from our money guru, Beth Kobliner.

Think of this four-week program as the money equivalent of a fat-busting juice cleanse. It's meant to shock you out of your financial rut and put you on a path to better spending habits that'll last forever. Pick a Sunday to get started. You'll use weekends to tackle long-range goals, and complete doable, satisfying challenges on the weekdays. By the end of the month, you'll have a solid budget, way less money stress, and a healthier bank balance. Like any cleanse, you'll see results fast. And you can eat whatever you want... except maybe caviar.

SUNDAY

1 The "weigh in": Know what you owe. Make a list of all your debts, along with the interest rate you're paying for each and your monthly payments. Do you have a mortgage? Student loans? A balance on credit cards? Did you buy a sofa on an installment plan? Owe any back payments to the electric company? Write them all down on a sheet of paper or in a Google document.

PROP STYLIST: LAURIE RAAB FOR HALLEY RESOURCES. ALL WALLPAPER BY GRAHAM AND BROWN. HAIR AND MAKEUP: TREVOR BOWDEN FOR BERNSTEIN & ANDRIULLI. MANICURIST: ANA-MARIA FOR ARTISTS BY TIMOTHY PRIANO.

Photographed by Dan Saelinger

2 Now, tally your other monthly expenses. Figure out how much it costs to keep your household running, from groceries to Girl Scouts dues. Add this amount to your debt sheet from yesterday.

3 Name your main money goal. If you've got high-interest debt, like on credit cards, your plan should be to pay it down, because it's costing you big. (For example, if you owe $3,000 on a card with 16 percent interest, you'll end up paying more than $4,000 if you're making only the minimum payments.) No high-interest debt? Aim toward beefing up your emergency or retirement funds, then saving for a trip or giving more to charity.

4 Do the math. Pull out all the numbers you've been jotting down and subtract your debt payments and household expenses from your take-home pay. *That*'s what you have to put toward yesterday's goal, and the "fun money" you can spend on things like eating out. Voilà! Now you have a budget.

5 Financial date night! Get your partner on board: A recent study found that feeling like a spouse wastes money boosts the risk of divorce by 45 percent. Show him the numbers you've worked up, and agree together on how much you'll put away each month toward your goal. If you're single, write out a contract with yourself, and sign on the dotted line to make it official.

6 Wrangle your paperwork. Pull out all the receipts, tax returns, bills, and insurance claims you have lying around in various folders, drawers, purses, or envelopes. Stack 'em in a neat pile—you'll need them tomorrow.

WEEKEND

7 Set up a financial filing system. Grab all the stuff you compiled yesterday and organize it. Designate one folder for receipts to get you ready for next year's tax deductions, one for unpaid bills, and others for any categories that make sense for you. If you get some or most of your bills electronically, use the free site manilla.com to organize all of your paperless statements in one place, to keep you on top of bill paying.

8 Start tracking your spending. An easy way to stick to the budget you set up on Day 4 is to sign up for a free account at mint.com or another budgeting site. Or you can opt for an old-fashioned notebook and use that to log all your expenditures.

9 Spend nothing today. Your first week was all about getting a grip on exactly where you stand with your bills and outstanding debts. Now, it's time to start being more mindful about your purchases with a one-day money "fast." No eating out or ordering in. No quickie trips to Walgreens—and bring your coffee from home. You'll see just how much you could be banking after you detox from all that unconcious spending. (Cash saved: $30–$50)

10 Go cash-only. An MIT study found that people spend up to twice as much when they pay with a credit card instead of cash, perhaps because handing over cash is more viscerally painful. Leave the cards at home. (Cash saved: $15–$25)

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It's dinner time in America. But for 1 in 5 children, you'd never know it.

Dinner time is when families gather to share their day and create memories. But for more than 16 million children, dinner time can be the cruelest part of the day. Right here in the United States, 1 in 5 kids don't know when they will have their next meal. You can help surround kids with the nutritious food they need to thrive. Pledge to make No Kid Hungry® a reality. See how at **NoKidHungry.org**.

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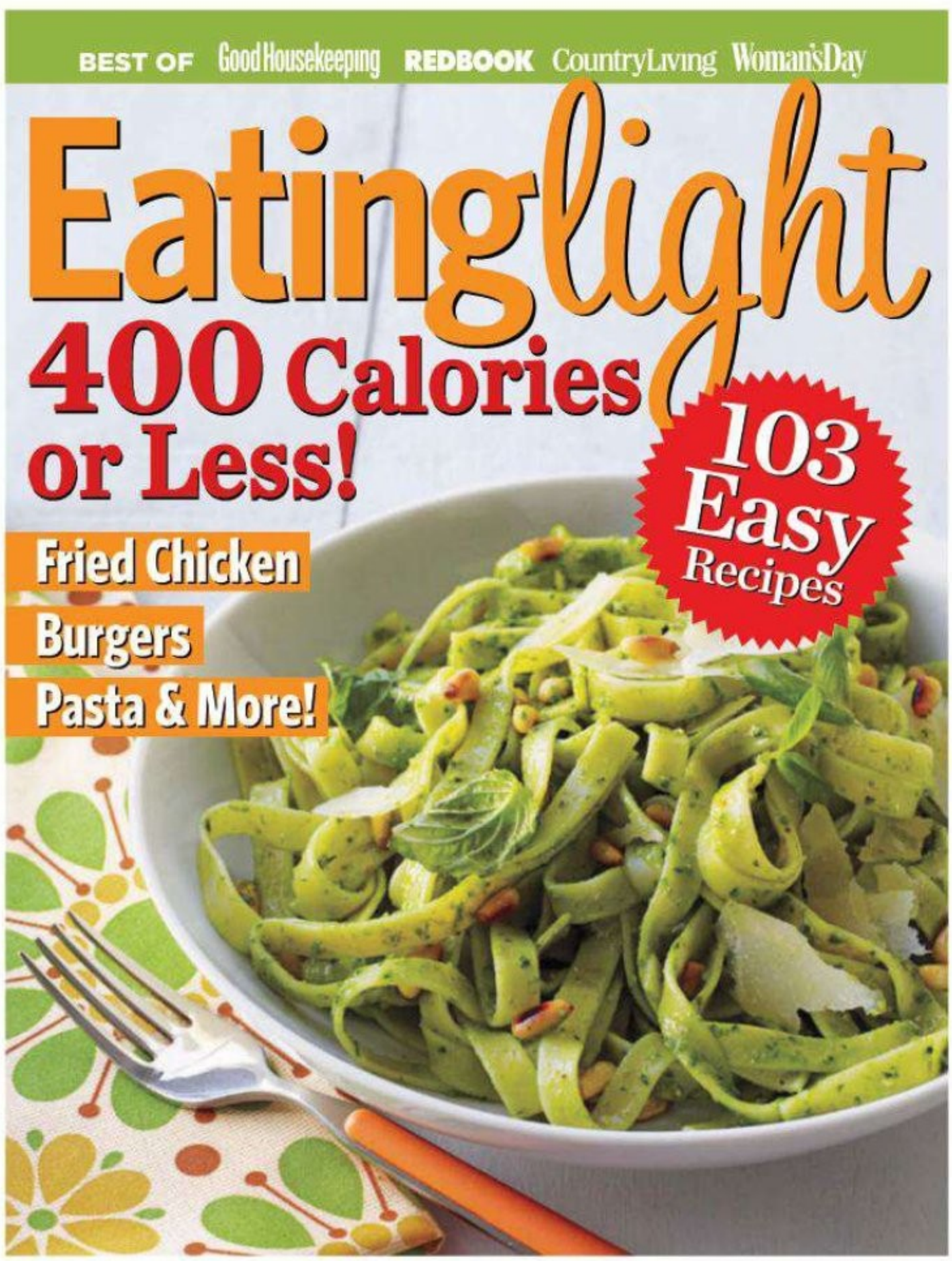
ON NEWSSTANDS NOW

Slim Down For Summer!



Get in shape for the season with the latest issue of *Eating Light*—recipes from *Good Housekeeping, Redbook, Country Living,* and *Woman's Day* with no more than 400 calories. You'll find skinny takes on all your favorite foods for breakfast, lunch, and dinner—even dessert!

Plus tips on how to:

- **Remake** your fridge so that you'll automatically reach for foods to help you lose.
- **Revamp** your diet with 16 easy substitutions that could mean losing 30 pounds this year!
- **Resist** menu temptation when you eat out or order in.

Yes, you can have sticky buns, taco salad, pizza, nachos, and much, much more and still look great. Find out how in the latest issue of *Eating Light!*

Get this special edition for only $9.99

Pick up a copy at your supermarket or bookstore today, or buy a digital version at Zinio.com or Nook.bn.com

11 **Check your credit.** Your credit score is like a report card for your financial life. A high number (anything above 720) typically means you'll be able to get low-interest loans for things like a house or a car, while a low one means you'll have to pay more to borrow money. You're allowed one free report a year from the three major credit-reporting companies at annualcreditreport.com. Or use creditkarma.com for a pretty accurate estimate of your number.

12 **Shop for the best credit card.** Pull out that debt list you made on Day 1 and see if any of your credit cards have interest rates over 16 percent (the national average). If so, think about getting a new one with a lower rate, minimal fees, and easy-to-redeem rewards. If you have a lot of debt, look into a card with a zero-percent rate for balance transfers. More on that tomorrow....

13 **Move some debt around.** If you're carrying big credit card balances, consider transferring them to the one with the lowest rate (or to the new one you may have applied for yesterday). If you're debt-free, call all of your card companies and ask for a lower rate. Hey, you're a good customer!

WEEKEND

14 **Automate!** Accidentally missing a bill's due date can cost you $25 in late fees. Sign up for automatic bill pay for everything from your student loans to your cell-phone service to make sure it never happens again. Bonus: Consistently paying on time is one of the best ways to raise your credit score. Also, set up bank transfers to move a set amount from your checking account into a savings account each month. Since you'll never see this, you'll barely miss it. (Cash saved: $25)

15 **Shop for your lunches for next week.** You don't have to brown-bag it forever, but do it five days in a row, to get yourself in the habit. Transfer the money you would've spent (the average is $7.50 a day) to your savings account, and put it toward your main money goal. (Cash saved: $38)

16 **Get cable for less.** The average monthly cable bill is about $70, but a few major providers are experimenting with scaled-back packages for about half that. So call yours and ask. And look into HuluPlus or Netflix, which stream a selection of shows and movies for around $8 a month. You'll need a device like a Roku ($99) or Xbox ($199) to connect these services to your TV, but it'll pay for itself in a few months if you're switching from cable. (Cash saved: up to $62)

17 **Give shopping bookmarks the boot.** The easier it is to shop, the likelier you are to do it. Comb your web browser's bookmarks folder and remove all those tempting shopping links to sites like Gilt and Overstock. And "un-like" too: A 2010 survey found that more than a third of people who follow a brand on Facebook say it makes them more inclined to purchase that brand.

18 **Try a D.I.Y. mani.** If you're a fixture at your nails place, try alternating pro polishes with at-home touch-ups. Stick to a simple color and no one will spot the difference. (Cash saved: $240–$480 a year)

19 **Slash your phone bill.** Eight out of 10 people overpay for cell-phone service, meaning they're locked in to a pricier plan than they really need, according to research by billshrink.com. Check your last bill to see how many minutes or texts went unused. If it's a lot, downgrade your plan. (Cash saved: $30)

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TAKE NOTE

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LIVE RICHLY

What life could look like without all that money baggage.

20 **Cash in those gift cards.** The 2009 CARD Act guaranteed that many gift cards can't expire within five years of being issued, but don't let them sit around until the last minute. It's *free money!* If it's a small value, like for a free frozen yogurt, use it as an excuse to indulge during this month when you're focused on cutting back.

WEEKEND

21-22 **Consider changing banks.** Big ones often charge higher fees and have more surprise fines than community banks or credit unions. *Consumer Reports* found that overdraft fees at smaller banks are typically $7 lower. Find local credit unions at creditunion.coop, or stop into your neighborhood bank for details. (Cash saved: at least $6)

23 **Plug some new numbers into your cell.** Having easy access to important phone numbers means you'll be more likely to call for help when you run into problems. So program in customer service lines for your bank, credit card, 401(k), and student loan providers.

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24 Pinpoint your retirement needs. Use the site choosetosave.org/ballpark to get an estimate of how much you'll need to retire the way you want to. No more guessing if you're saving enough!

25 Now, make sure you're on schedule. If you have a 401(k), find out what changes you need to make to maximize your investment. Or consider a Roth IRA, where your money will grow tax-free.

26 Learn from your financially solid friends. Research shows that our pals influence everything from our weight to our drinking habits, and that shopping with a thrifty friend could make us much likelier to spend less. Ask one of your pals who seems to have her financial life in order about *her* saving strategies. Tell her you'd love her support to help you stay on track once the cleanse is over.

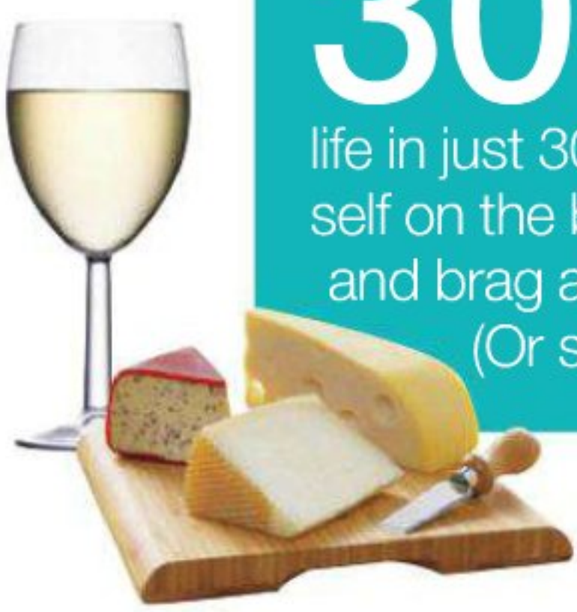
27 Tweak your student loans. The government's little-known Income-Based Repayment plan lets some borrowers make payments based on their family size and earnings, not on what they owe. See if you qualify and learn more at ibrinfo.org. (Cash saved: an estimated $200)

WEEKEND

28 Find out if you're underpaid. This cleanse is only one half of getting your financial life in order; the other is earning more. Compare your salary to industry averages at glassdoor.com or by meeting with other people in your field. If your pay is on the low end, think about what you'll need to do to ask for a raise.

29 Purse purge! You've already tidied up your spending habits—now it's time to slim your wallet. Toss old receipts once they've shown up on your statements, and carry only one credit card. Remove your Social Security card; carrying it around makes you vulnerable to identity theft.

30 Your day of appreciation! You've organized, scrutinized, and smartened up your money life in just 30 days. Now it's time to pat yourself on the back. Plan a potluck dinner party, and brag about your progress. Ka-ching! (Or should we say Ka-cheers?)



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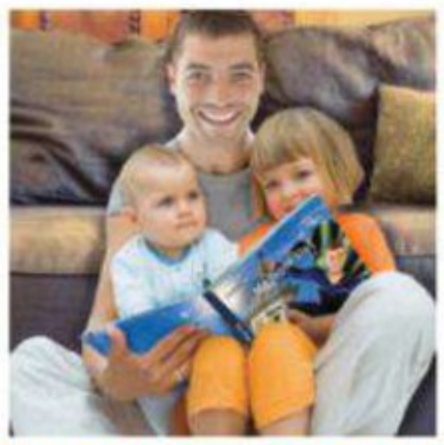

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Which house should they buy?

You'll learn so much from real estate genius Barbara Corcoran as

she helps readers **Chelsea** and **Larry Henderson** find a great house for under $200,000 near **Dallas**. They love their one-story home in Fort Worth, but need to be closer to Larry's job and have enough space for their growing family—Chelsea's pregnant!

1 "This one is near a very good school, but it's brand-new, which always makes me cautious. Buyers get blinded by the fact that it's never been lived in, and often miss the flaws and overpay."
$179,999; Frisco, TX; 2,911 square feet; 4 bedrooms, 2 baths

2 "This one gets my vote—it's beautifully maintained. It also looks as though the other houses on the street are well taken care of; a bad house on the block will sink *your* home value. But before they buy, they should knock on their would-be neighbors' doors. Meeting them is the most important factor when deciding if you're going to like living somewhere, but few people do it."
$199,900; Denton, TX; 3,028 square feet; 4 bedrooms, 2 baths

3 "Several red flags: It's on a corner lot, open to the street on two sides, which can be a safety concern for parents. And if you have to keep your shades constantly drawn for privacy, you'll lose the great light. They'd also need to invest in some landscaping to freshen the drab front yard."
$199,773; Frisco, TX; 2,947 square feet; 5 bedrooms, 3 baths

EXCHANGE RATE

We love these Brian Atwood sandals, but the price tag seems certifiably insane when you see what else that money could buy:

12 pairs of other stylish flats, sandals, and heels. New shoes every month for a whole year!*

About a year of gym-membership dues. (Getting in shape could also save you $5,000 in health-care costs, and even help you earn $14,000 more at your job, studies have found.)

$4,077: That's how much money you'd have if you saved that $710 in your 401(k) at age 35 and pulled it out at 65.

Green $ tip! In the market for a new computer? Consider energy usage: Laptops use about **30 percent less** than desktop units. Lower bills, greener Earth.

HOUSES: COURTESY OF TRULIA.COM. HENDERSONS: COURTESY OF SUBJECTS. SHOES: COURTESY OF MANUFACTURER (13). WOMAN: RUBBERBALL/GETTY IMAGES. PIGGY BANK: KICK IMAGES/GETTY IMAGES.

*SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

What no one tells you about being a nurse

You gotta hear these juicy on-the-job secrets shared by a 34-year-old R.N., name withheld!

One big perk: This fast-paced job packs in a cardio workout.

YES, THERE'S DRAMA. But it's not exactly like *Grey's Anatomy*. "The ER staff may see some crazy things, but it's unlikely that they'll see *five* extremely rare cases in one day. That said, when I worked in the ER, I saw things like a mentally-ill patient who tore out his own eyeballs during a hallucination—he showed up with them in a Ziploc baggie. There's no way you can prepare for a situation like that."

● **AT-WORK ROMANCES ARE COMMON.** "I used to date an ER tech, and I know two nurses who married paramedics and one who married a doctor. Most couples keep things professional at work, but after a storm, when no one could leave the hospital, I found empty condom wrappers under a stretcher!"

● **GERMS ARE RAMPANT.** "Patients can be contaminated with antibiotic-resistant bacteria that nurses and doctors carry on their hands. Some staffers don't wash up as often as they should, and it's estimated that 1 in 20 patients gets a hospital-acquired infection. So before *anyone* touches you, ask if their hands are clean."

● **DOCTORS CAN BE JERKS.** "I see patients mostly in orthopedic surgery and neurosurgery, two specialties that tend to have male physicians with big egos. They sometimes treat nurses with an air of condescension. Once, a doctor was so impatient waiting for me to administer a sedative before a painful procedure that he did it without me—or the sedative! I can still hear that patient's screams in my head. I should've reported him, but I was too new at the time to have the guts to do it."

● **YOU GOTTA LOVE THE FLEXIBILITY.** "One of the biggest draws for this field is that most nurses work three 12-hour shifts a week. I know colleagues who only work weekends so they can be around for school carpool and Little League with their kids. Plus, there are many opportunities to make extra money. If a unit is struggling to find fill-ins, they'll offer incentives like an additional $500. It's been a great option when I want to go on vacation: I picked up three extra shifts to pay for a week in Cancún."

● **MY ADVICE FOR HANDLING DIFFICULT TYPES:** "Just listen! Often, frustration from patients or family members stems from their feeling helpless or not being heard. I usually let them get everything off their chest. Sometimes I apologize for things I didn't even do, since I'm a representative of the hospital. And I make sure they're okay with the next steps, even if that simply means re-toasting a piece of toast that was 'too light.'"

● **HELPING PEOPLE FEELS AMAZING.** "There are times when I'm having a rough day, and then I get to work and am helping a patient who's my age and recovering from a mastectomy or the removal of a brain tumor. It puts everything in perspective. Just the other day, I helped a patient who was in tears after ankle surgery. I grabbed a box of tissues and listened to her. When I came back in to check on her, the pain had subsided and she asked if she could give me a hug. She told me she would never forget my kindness for really taking the time to sit with her. Those interactions mean the world to me." —AS TOLD TO JESSICA PRESS

HER VITALS

CURRENT JOB: Helping post-op patients with pain management as a registered nurse in the anesthesia department of a large city hospital
SALARY: $62,000 a year ($33 an hour)

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Never look bad at work again

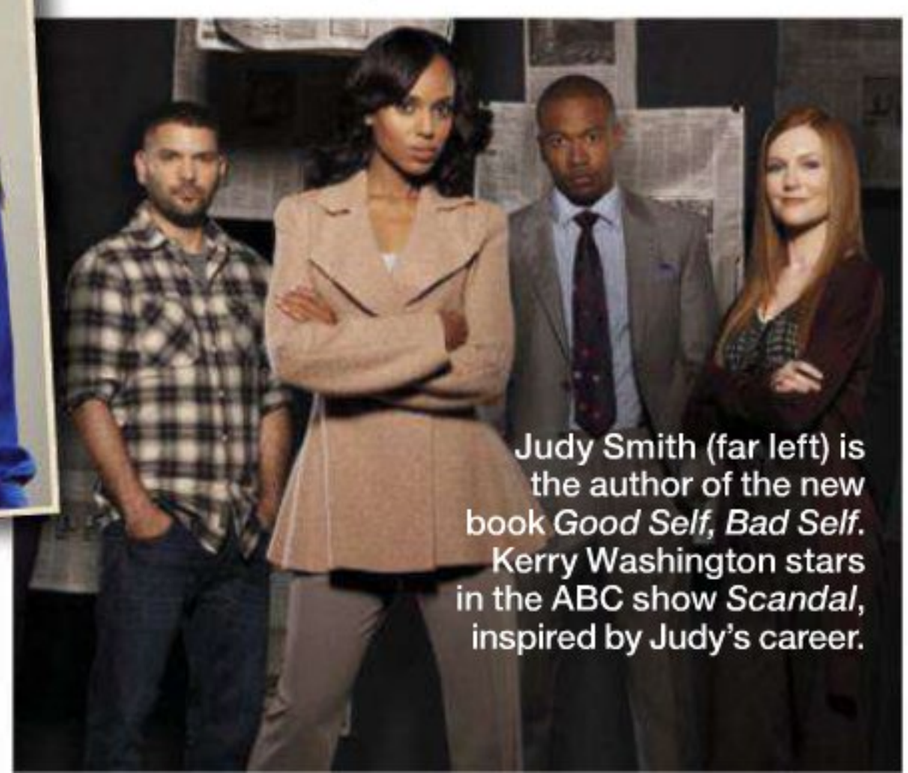
Pull it together! You *can* stage a comeback.

Famous crisis manager **Judy Smith** laughs at the job mistakes that keep the rest of us awake at night. Hey, if she can rehab Michael Vick's image, she can definitely smooth things over for *you*. Take her advice and rest easy.

THE SITUATION: You're applying for a new job after being fired or laid off from your last one. The hiring manager wants to know why you left that position.
JUDY'S SPIN: "Steer clear of the word *fired* if you can! You never know if they'll call your last employer, but you can address that hiccup on your résumé by saying something like, 'It wasn't a good fit for me any longer, and I'm ready for a new opportunity.' If you were laid off, talk about the division-wide cuts that were made that just happened to include you. But avoid taking on a 'woe is me' tone that makes the pink slip seem personal."

THE SITUATION: You've been working on a big assignment, but it's taking far longer than you had anticipated. You don't want to miss your deadline, but you know that if you turn it in now, it won't be your best work.
JUDY'S SPIN: "One of the classic mistakes people make when things aren't going right is to resort to lies. Inventing excuses will only make matters worse for you when the truth comes out. That said, always find the positive angle instead of jumping to what you've done wrong. Try this tack instead: 'That assignment you gave me really isn't up to the standard that I'm used to handing in, so I want to spend another day working on it. Is it okay if I get it to you tomorrow morning?' There's probably a little wiggle room with your deadline, and it's fine to buy time if it turns a poor job into something praise-worthy."

THE SITUATION: Your manager spots a mistake in a team project you worked on. You immediately realize it's your fault, but fessing up will put you in her crosshairs.
JUDY'S SPIN: None! "Sometimes you have to own your mistakes. Never let someone else take the fall for you—it'll ruin your future credibility. Come clean immediately: 'I'm sorry, that was my fault. If we have time to correct it, please let me do that. It won't happen again.' Is your boss going to be disappointed? Yes, but there's something to be said for demonstrating honesty and integrity."



Judy Smith (far left) is the author of the new book *Good Self, Bad Self*. Kerry Washington stars in the ABC show *Scandal*, inspired by Judy's career.

THE SITUATION: You have to collaborate with a difficult coworker to finish a project. She's the type to shirk responsibility and lay blame on whomever she can. You've seen other colleagues get burned by her in the past, and you don't want that happen to you.
JUDY'S SPIN: "Put everything in writing. Work crises often result from miscommunications. No one ever really wins a he-said/she-said blame game, but if you've got emails to support your position, you're golden. So exchange email status updates that will protect you if things blow up." —JIHAN THOMPSON

CLOCKWISE FROM TOP RIGHT: ACP/TRUNKARCHIVE.COM, COURTESY OF ABC, COURTESY OF SUBJECT.

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"My kids [Ben, 7, and Megan, 3] see how hard I work," Ali says. "I want them to go after their dreams too, and not wait for life to happen."

tr

THIS PAGE: HAIR: PAUL NORTON AT TRACEYMATTINGLY.COM. MAKEUP: CORINA DURAN FOR EXCLUSIVE ARTISTS/DIOR. MANICURE: DEBBIE LEAVITT FOR CLOUTIER REMIX USING DIOR VERNIS. STYLIST: NICOLAS BRU AT MARGARET MALDONADO. SHIRT: 3.1 PHILLIP LIM. JEANS: RAG AND BONE. SHOES: ALDO. JEWELRY: DAVID YURMAN. ON BEN: POLO RALPH LAUREN. ON MEGAN: GAP.

You try keeping up with Alison Sweeney

How does the *Biggest Loser* star juggle **THREE TV SHOWS**, **TWO KIDS**, and training for a **MARATHON**? Marisa Fox needed sneakers (and a sports bra) to find out. Photographed by Matt Jones

Count up the roles you play in a single day: mom, boss, wife, friend, cleaning lady, therapist, good cop/bad cop... It's getting so that multiple personality disorder is now just every modern woman's MO. Alison Sweeney, host of NBC's battle-of-the-bulge hit *The Biggest Loser*, takes that concept to new heights. But as I'm about to discover, the 35-year-old manages to make it seem entirely sane, even inspiring. Her identities at press time: *TBL* host; soap opera star on *Days of Our Lives*; producer and host of the new TV Guide reality show *Hollywood Girls Night*; mom of two kids, Ben, 7, and Megan, 3; wife of David Sanov, an investigator with the Los Angeles Police Department; and, most recently, marathon runner. How does it feel to be six people at once? I'm about to find out, by clocking an entire day with this patron saint of busy women.

The night before we meet, I get Ali's schedule for our time together and my eyes bulge: 6 a.m., call time for *Days*; 12:30 p.m., marathon training in Griffith Park; 2 p.m., head back to her house in time for Ben's return from school; 4 p.m., prep for *Hollywood Girls Night*; 6 to 10 p.m., tape

EARLY RISER "If I get six hours of sleep, that's a good night," says Ali, who starts work at 6 a.m. "You've got to go while the getting's good, which it is right now. Maybe in 10 years, I'll be a stay-at-home mom."

BEHIND-THE-SCENES PHOTOGRAPHY BY CHEYENNE ELLIS.

the show. And this is a light day—it doesn't even include *Biggest Loser*! "People tease me all the time," Ali tells me about her full-throttle life. "But I would not be content just showing up. You have to be passionate about what you do." With that in mind, I board a plane to Los Angeles so I can hit the ground running the next morning. I am worried. I should have trained for this.

6—10:30 A.M.
ULTIMATE MORNING PERSON

It's pitch-black outside the Burbank studio where *Days of Our Lives* is taped. Ali arrives, walking briskly toward me with a giant gym bag slung over her shoulder. "I used to leave while the kids were still asleep," she says. "But Ben asked me to wake him before I go, so I do that now." She's not wearing a smidge of makeup, and her body looks toned and tight, even in a loose striped sweater, jeggings, and riding boots. "I dressed myself," she says, then points to her diamond earrings. "Except for these. Ben goes for a little bling-bling. He picks out my jewelry." As we whisk by a slew of dressing rooms, one with Lisa Rinna's name on it, Sweeney says, "People come and go and come back again. But I'm still here." This studio, with its outdated floral prints and putty-toned walls, is where Ali metamorphosed from awkward teen to full-fledged soap star. Yes, she had her first real kiss on air on *Days*, and she's nearing her 20-year anniversary of playing Sami Brady Horton DiMera Brady Hernandez. "It's nice showing up to the same place every day for that long," she says. "This feels like school. After all, I've been here since I was 16."

We arrive in her dressing room, and she drops off her bags and picks up her BlackBerry. "I usually catch up with my best friend on my drive over here," Ali says. "She's on the East Coast, so time-wise it works out perfectly." Then it's on to hair and makeup. Ali introduces me to one of her costars, James Scott, a Brit with a face right out of a Harlequin romance cover. He plays just one of her many ex-husbands. "I've been married at least five times, and twice to the same person," she explains as she settles into her chair and whips through her script, all the while painting her nails sparkly blue with the steady hand of a pro manicurist.

DOUBLE DUTY
"We shoot eight episodes a week," says Ali, while taping two shows of *Days of Our Lives* back-to-back due to a shortened production season. "It was either cut corners or lose our soap."

"There's a word for her," says Virginia, Ali's makeup artist, who's across the room unpacking brushes, powders, and pencils. "*Perfectionist*. But she's always nice about it." And Virginia's right: There doesn't seem to be a trace of Hollywood diva in the Pasadena native, who allowed our cameras to capture her face pre-concealer and foundation, freckles and all. Within minutes, Virginia has transformed the sleep-deprived mom into a daytime vixen.

"My character is a hot mess," explains Ali, who seems Sami's very antithesis. "Sometimes I forget that I've got bloody cuts and scars on and I'll go have lunch." Without missing a cue, James takes her breakfast order—which is always the same: oatmeal with cinnamon and sliced fruit—while she studies a few more pages of her second script of the day. How much more does she have to memorize? "Just 40 pages to go," she says. No room for momnesia here.

10:30 A.M.—12:30 P.M.
SOAP STAR

Before James and Ali run through their lines, Ali gives me a little backstory. "We had a child together and we thought he died,

so we had grief sex." That's a *lot* of drama. Is this how she vents her angst and aggression? "I guess," she says. "Thank God my life is normal. I work hard to make it normal. My husband and I don't want Hollywood drama. I go to the market and do the dishes. I'm not treated differently because I work on TV. Ben only recently realized I was somewhat famous. He Googled me." And Ali just laughs at Sami's man-eating ways. "My husband and I have known each other since kindergarten," she says. "I had a crush on him in school, but we never dated. Then we saw each other again after high school, and there was something instantly familiar about him. I'm a very shy person and was very closed off. But he allowed me to be myself. And there's a safety in that."

Her lines memorized and oatmeal inhaled, Ali shows me the photos adorning her dressing room, mostly of her kids and David. "He took me flying on our first date," she says. "It was super-romantic. We flew to Santa Monica and had dinner there. We got married not long after, when I was 23." How do they stay close, 12 years in? "We work at it," she says. "Our lives are so different that it's interesting to hear what the other person has been up to all day. Plus, we have certain hard-and-fast rules. We still fly. And it's *Survivor* every Wednesday. If he watched it without me, I'd feel betrayed."

HITTING HER STRIDE "I'm in better shape now than when I was 21," Ali says. "I never thought that could happen after two kids."

12:30—2 P.M.
MARATHON RUNNER

Immediately after shooting, Ali jets back to her dressing room. "Fitness is not an option. It's part of my job," she says as she changes into her running gear. "If I didn't bring my duffel bag with me, I wouldn't work out. I'm running my first marathon next month, and running my first official half marathon this weekend. So I need to get in my workouts after I'm done here for the day. If I go home, I know I'll get distracted." Given her jammed schedule, I have to ask: Why, and *how*, a marathon? "My husband and I both have our bucket lists," she says. "Running a marathon was on mine." With that, we grab fruit and a power bar at the cafeteria and head to Griffith Park.

"Let's see how far we go," she says as we stretch and get moving. I don't like the sound of this, but I shut up. The sun is shining, it's about 70 degrees out, and we're jogging at what feels like a nine-minute mile. "I've never run with anyone before," she confides. "Do you usually talk the whole way?" Yes, I tell her—it has a way of making the miles fly by. And then we launch into easily the weirdest conversation I've ever had while working out. Ali tells me about competing on *Fear Factor* and being dared to lie in a coffin with thousands of night crawlers on her legs, 100 snakes covering her torso, and Madagascar cockroaches on

GOLD-MEDAL MOM "I try to carve out one-on-one time," Ali says. "Ben challenged me to learn how to snowboard this year. We went away for a weekend, just the two of us. It was hard, but I did it. And he was so proud!"

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her face. "When I felt the roaches crawling all over my face, I really freaked out," she admits. "It was the most disgusting thing ever." By now her eyes are lighting up and she's getting a little flushed at the thought. "I guess that was a panic attack. And I lost that challenge." Understandable, I think. "But the producer knew I was determined to win, and since I was playing for charity, he made me an offer: I could stay in the game if I agreed to eat three worms." Did you? I ask. She nods. Did she get sick? "Yes, right after the cameras stopped rolling," she says. I can't believe there's this steely, Indiana Jones side to Sweeney, but maybe that's how she stays so calm and powers through her days. Before we know it, we've run 6.5 miles. Why is she still not sweating?

2–4 P.M.
HANDS-ON MOM

We drive to the top of a hilly road in Hollywood to Ali's house, where a crew is hauling in cameras, boom mics, sound and lighting equipment, cases of water and drinks, trays of fruits and vegetables, chairs, cocktail tables, flower arrangements, and anything else needed for tonight's taping of *Hollywood Girls Night*. I can't believe Ali is coming home to this chaos, but nothing seems to rattle her. She's laser-focused on seeing her kids. As we enter, we hear those happy, high-pitched voices she's been craving all morning. We head upstairs to her bedroom, and Ben zooms in for a hug while Megan clings to her leg in a tie-dyed dress and sparkly Uggs. Ali melts into blissed-out mommy mode, a huge, eye-crinkling smile on her face. She definitely isn't playing *any* character now.

After showering and changing into jeans and a sweater, she's ready for homework and play. But first, it's time for a snack—or a late lunch, in her case. She opens the fridge and takes out some bread, turkey, cheese, basil leaves, red peppers, and salad greens. "Make yourself at home," she says, throwing together a sandwich. We take our food outdoors, where the kids settle into a sectional on the patio. Ben pulls out a first-reader book and starts reading aloud. Megan picks up some crayons and begins to draw. In the distance, the sun is gleaming over the Hollywood hills and bouncing off the surface of the infinity pool and Jacuzzi. *I could get used to this*, I think, feeling my lids getting heavy. But Ali shows no signs of slowing down: She's rolling around in the grass now, teaching her daughter how to hula-hoop and goofing around with Ben, who tells her all about today's soccer practice. Ali's sitter shadows the kids, while her personal assistant manages household chores, like what they'll be eating for dinner. It takes a village, as they say, to get this working mom through a day like today. Later, Ali shows me a photo album from a *Biggest Loser* trip to Australia last year. "I bring the kids whenever I can," she says.

4–10 P.M.
HOLLYWOOD GIRLFRIEND

Ali's reality show cohost, Ali Landry, whom she met while on *Fear Factor*, arrives. These two women got acquainted while jumping off tall buildings, and now they bond over diapers, dinner, and date night, all fodder for their new show. The producer goes over the evening's schedule. Because it's a reality show, it'll be a one-take shoot, no retakes. They'll demonstrate recipes, dispense hostess tips, and generally make viewers feel like they're part of a fun girls' night, Hollywood style. "It's so easy as moms to never make time for yourself or your girlfriends," Sweeney says. "But really, we need more time together." I've heard that her husband has come home, but who can find him in this melee? Someone tells me he's upstairs wrangling the kids while the crew transforms the house into party central.

Ali changes into a red cocktail dress and her final persona of the day: TV show

GIRL TALK From top: The two Alis prep for *Hollywood Girls Night*, a reality show taped at Sweeney's home. The star checks in with a crew member, then dishes with a rotating group of celeb friends, including (from left) Landry, Brooke Burns, Garcelle Beauvais, and Cheryl Burke.

host. She fires up the grill and brings out a tray of chicken skewers that have been marinating in rosemary. "Curtis Stone taught me how to do this," she tells Landry, who's stirring a pitcher of vodka, rose syrup, club soda, and ice cubes with rose petals frozen inside. "How pretty is this?" Landry says. "Not strong enough," Ali cracks after a taste. Pretty soon their guests arrive, all teetering across the lawn in sky-high heels. Cheryl Burke, from *Dancing With the Stars*, walks through the door in a silver sparkly number. Next comes actress and model Brooke Burns, then Garcelle Beauvais, who stars on the TNT show *Franklin & Bash*, dressed in royal blue pants and talking about her twin boys. "Here's to girls' night," says Sweeney, raising her martini glass.

As dusk turns to dark, the conversation heats up. "We were married for nine years," says Beauvais, who is newly divorced. "I'm not quite ready to put myself back out there yet." The others reassure her: "The great thing about dating with kids is that it weeds out the idiots," says Burns, a single mom who recently got engaged. "Can I borrow a car seat then?" asks Burke. "I need to meet a man." Sweeney has nothing to add on this topic. "I've been married for 12 years," she says, almost apologetically. "My in-laws have been together for 50..." The others gasp in that dramatic, reality-TV way. Who can blame them? In a town marked by romances that last as long as Oscar season, Ali's rock-solid marriage is a lovely anomaly.

As the crew moves indoors, Ali sneaks away to bathe her daughter and tuck her into bed. Twenty minutes later, she's back. The cameras roll as the girls reveal embarrassing old headshots, trade beauty tips, and rave about the final dish of the night, lemon pudding cake. I peel myself off a kitchen stool and get ready to leave. Ali's still standing. In fact, she looks as alert as she did when she was shooting her soap 12 hours earlier. I lean in to give her a hug, and she looks surprised. "You're leaving already?" she asks. "We still have to shoot the postmortem of the party." She's not joking. But I'm done for the night—the only postmortem I intend to have is with my pillow. Ali Sweeney, you win. ®

10 weight-loss secrets Ali learned from *The Biggest Loser*

1 CONSIDER EXERCISE A TREAT, NOT A CHORE "When I switched my thinking around and realized that an hour of exercise was my time for me, I began to enjoy it and get so much more out of it."

2 DON'T COUNT EVERY CARB "You can't eat a bag of chips a day and expect to lose weight. But reward yourself every now and then with a cocktail or a decadent dessert. You'll be less likely to binge."

3 UP YOUR GAME "If you don't push yourself, you're never going to change your body. Whenever I hit a plateau, I sign up for a race or set a new goal and deadline. It kicks my butt into gear."

4 EAT A LITTLE FAT "Some fats are good for you, so don't deprive yourself. I love avocado and peanut butter; they both really satisfy me, and a little bit goes a long way."

5 CALL IN THE TROOPS "Recruit your friends to help you meet your goals. I'm doing my marathon with former *Biggest Loser* contestants."

6 WHEN IN DOUBT, DRINK WATER "It's amazing how often we go for coffee or a cupcake when what our body really craves is water. The next time you need a pick-me-up, drink a glass. You'll feel full!"

7 WALK AWAY FROM THE KITCHEN "It's easy to veer toward the fridge when you're upset or stressed. Try to go for a walk instead. It's a small step, but it can help you break a lifelong habit of eating emotionally and mindlessly."

8 JUST GET PHYSICAL "Too busy for the gym? Play outdoors with your kids. Reward them with a game in the park, not TV."

9 FREEZE FRUIT "Put grapes or berries in the freezer so you don't automatically reach for your kids' cones or pops when they scream, 'Ice cream!'"

10 AIM FOR STRONG, NOT SKINNY "Strive to be fit enough to do a major hike, not to fit into a certain size. You'll let go of insecurities (and extra pounds) that weigh you down and feel empowered to take on any challenge. That's what *The Biggest Loser* is really about."

Style, fast & loose

Only in summer can you throw something floaty over your head, slip on sandals, and look perfectly, sexily cute. Model/beauty maven Josie Maran shows you what to expect this season (and btw, she's expecting!). Photographed by Matthew Hranek

a maxidress

It's as comfy as sweats but wildly feminine; it's easy enough for day, but toss on some big jewelry and you're set for a night out. Yay, multitasking! Dress, Ali Ro, $395. Necklace, Carol Marie, $200.

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a peasant top & silky shorts

Flowy fabric and a roomy cut make these shorts ultra-flattering—and so romantic with a pretty, blousy top. Top, Vince Camuto, $110. Beaded necklaces, Jane Basch, $68 to $90. Charm necklace, Phillips Frankel. Shorts, Keds Apparel, $118.

HAIR: RYAN RANDALL USING SOLAN AT MARGARETMALDONADO.COM. MAKEUP: ANTONELLA RENYER FOR SOLOARTISTS.COM/NARS. MANICURE: CARLA KAY FOR CLOUTIER REMIX USING DIOR VERNIS. PROP STYLIST: LAUREN SHIELDS AT THE ZENOBIA AGENCY.

She's a low-key mogul mom

Josie Maran has had a pretty major modeling career, but it seems she was always destined to be an eco-beauty guru. "I grew up paying attention to ingredients in products, before it was the 'cool' thing to do," says the 34-year-old San Francisco native. "My family has always been very socially conscious." (That's an understatement: Josie's father remodels sustainable houses, her mother decorates them, her brother did a tour in the Peace Corps, and her grandmother teaches amnesty rights at UC Berkeley. We bow down to the Maran clan!) In Josie's early 20s, while on the hunt for an all-natural moisturizer, she stumbled upon argan oil, which comes from a type of Moroccan nut. "An older French woman with amazing skin told me it was all she used, and I had to have it," she says. "It's the *best* face moisturizer. It really makes my skin glow." Years later, while pregnant with daughter Rumi, now 5, "I started paying even more attention to what I was putting on and in my body. At the time, few eco beauty lines felt luxurious—and that inspired me." So in 2007, she launched Josie Maran Cosmetics, now a collection of natural makeup, skin, and hair products, many containing argan oil. (This spring, sales of limited-edition bottles of the oil, $48, will benefit the Collage Foundation, Happy Hearts Fund, and Women for Women.)

With all the effort she spends thinking about *other* women's beauty, Josie has less time than ever in front of a mirror. "I've got about two seconds to myself, so I just swipe on mascara and a lip stain." For date night with her partner, photographer Ali Alborzi, she'll do her "one-finger smoky eye, where I blend dark shadow in a sideways V along my top lashes and into the lid's crease." Once baby number two arrives, in July, Josie plans to keep expanding her business. But first, she admits: "I have to find another French woman to tell me more secrets!"

—KAYLEIGH DONAHUE

"My 5-year-old creates her own makeup looks from my products—it's" **inspiring**!

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a graphic-print sundress

This modern take on the summer classic makes you happy just looking at it, no? On Josie: Dress, Ulla Johnson, $325. Necklace, Kate Spade New York, $98. Sandals, Reiss, $230. On Rumi: Tank, Lands' End, $17. Ali wears his own clothes.

a minidress (with sleeves!)

Fantastic for playing up your legs, but not so bare that you feel like a showgirl—and *now* you can relax.
On Josie: Dress, Nieves Lavi, $300. Ivory bangle, Miriam Salat, $495. Silver bangles, David Yurman. Ring: Josie's own. On Rumi: Dress, 77kids, $44.50.

a tank top & swishy skirt

Nothing is more alluring than a skirt that moves when you do (believe us, he'll notice). Paired with a basic tank, it's effortlessness, squared.
Tank, Michael Stars, $39. Vest, Brochu Walker, $225. Necklace, $285, and bracelet, $50, both Pame Designs. Bangle, Robindira Unsworth, $525 for 3. Skirt, Trina Turk, $298. Wedges, Bettye Muller, $240. Fashion editor: Audrey Slater.
See shopping guide, last pages, for details.

VIDEO OF THE SHOOT!
The great thing about these clothes? They let you *go*. To see Josie in action, scan this code with your smartphone. Download a free QR code reader at i-nigma.com.

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Have a healthy, happy vagina

Ob/gyn Hilda Hutcherson, M.D., is fed up with people who peddle useless and even harmful products to spiff up our "imperfect" lady bits. Tune out the hype and trust her empowering health advice. Illustration by Si Scott

I grew up in a time and place—1960s, the South—where ladies did not talk about their vaginas. Not with their mothers, their sisters, or their best girlfriends. Not with their doctors. Not with anyone, really. We didn't look or touch. We knew those parts were down there somewhere and assumed they were okay. That was not a good thing. We didn't have the basic information we needed to keep ourselves healthy, let alone the kind of knowledge that would help us have a happy sex life.

Things started changing for the better in the '70s, when the seminal health book *Our Bodies, Ourselves* was published, with its diagrams and feminist outlook. But the biggest shift came with *The Vagina Monologues* in the late '90s. That one-woman show was a sensation: Women of all ages, all across the world, rose up to acknowledge and proclaim their love for their lady parts. We could actually say the word *vagina*. In fact, saying it was encouraged, and became the chic thing to do!

Fast-forward to 2012, and the conversation is still going strong. But I confess, I'm alarmed by the new direction that some of these talks are going. Women are being told by marketers, manufacturers, and even some medical professionals that they really should try to have a "better" vagina. You've seen the ads, the news blurbs, the segments on medical talk shows in which doctors hawk odor-removing products or go on about how sad and weak vaginas supposedly get as women age. Twenty to 40 percent of

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women still douche (a bad idea, because it increases risk of infection), and sales of "freshening" wipes are skyrocketing. Salons want to remove all your hair from front to back so you're as smooth as a baby's bottom... then add stick-on jewelry! Who would've thought that in addition to thinking about wrinkles, belly pooch, and bat wings, a woman would ever have to worry about how pretty—or sparkly—her vagina is?

These cosmetic trends aren't necessarily dangerous. What concerns me most is that women are also being sold the idea that they need to change the size of their openings and surgically sculpt or plump their vulvas. Yes, I said *plump*. As women age, we lose a little fat in our outer labia, and the inner ones become more visible. The solution to this complete non-problem? Surgical trimming of the inner lips, and injections of collagen or the face-plumper Restylane in the outer ones. Then, of course, there are the G-shot and the O-shot, two injections that fatten up areas *inside* your vagina, supposedly increasing sensation there during sex. (Neither is worth a darn.)

All of this—society's newfound focus on a "perfect" vagina—is insane. And it's making women a little crazy about a part of their body that's not even out in the open! I'm seeing the increased insecurity in my own patients. One young woman admitted that she couldn't bring herself to have sex anymore after an ex-boyfriend told her she didn't look "right" down there. (He must be a major porn-watcher who doesn't realize that those actresses' Photoshopped, tweezed, and makeup-covered body parts have nothing to do with real life. My patient was perfectly normal.) Others have obsessed over the idea that their vaginas would be "ruined" by childbirth. I see women who are so distracted by their presumed abnormalities that when they *do* have sex with their partners, they can't relax, and they have arousal problems, lack of lubrication, pain, and difficulties with orgasm. If a woman's body esteem falls far enough, she may even avoid Pap smears and annual pelvic exams, putting her health at risk.

I am fed up with opportunistic companies, doctors, and industries taking advantage of women's insecurities—and stoking those anxieties—for their own financial gain. I'm here to stand up for women's vaginas. To tell you the real deal. To get you to put down the rhinestones and appreciate what God gave you! Please, let me reassure you about the five issues women stress about most.

HILDA'S TOP 5 VAGINA FAQs

1. Will childbirth "ruin" my vagina?

It will challenge it, but no, having kids won't leave your vagina in a permanent shambles. I had a woman come in, six weeks postpartum, who was freaked out about having sex with her husband again—she said, "I put my finger down there and it feels huge. He's going to get lost!" No, I told her. If he's bigger than a pencil, he's *not* going to get lost. It's true that the pelvic-floor muscles may be taxed during a vaginal delivery, which means the opening may feel looser and sex can feel different for some women for a few months, but the vagina is an amazing, elastic organ that can stretch enough to bring a 10-pound baby safely into the world and then snap back to its normal size. And you can help bring the tension back more quickly by exercising the muscles that surround and support your vagina with Kegel squeezes. Kegels work fastest if you've done them throughout your pregnancy, but it's never too late to start. Try 50 squeezes a day, simply contracting the muscles you would use to stop the flow of urine. After a few months of daily exercises, you'll notice that your vagina feels stronger and that sex feels better. Occasionally, a woman may suffer a severe tear in the muscles that support the vagina, bladder, and rectum and may have incontinence or a painful hernia after childbirth. Those women actually do need surgery. But in general, a healthy post-baby vagina does not need to be "rejuvenated" or "tightened" by lasers or a surgeon's scalpel, no matter what advertisements may say. In these cosmetic procedures, surgeons basically remove tissue, making the vagina smaller. It doesn't always work out well: I've seen patients for whom the surgeon removed too much tissue; their vaginas ended up too small and didn't stretch as well because of scarring, leading to painful sex. I've also seen women who got serious infections after such procedures. These cosmetic surgeries are simply not worth the risk.

2. Is the smell okay?

Somehow, women have become convinced that our natural scent is unpleasant and needs to be changed, covered, or removed completely. But the truth is this: Your vagina is not meant to smell like a flower shop, a summer breeze, or spring rain (whatever spring rain smells like). The vagina has a natural musky scent, unique to each woman. You may notice that it becomes stronger right before or during your period, or after you take certain medications, smoke, or drink alcohol. That's normal. If you wear multiple layers—underwear, stockings, and tight jeans, for example—or if it's very hot outside, you may sweat more down there. Bacteria that naturally live on the skin of your vulva may

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overgrow in this warm, wet environment and cause an odor at the end of the day. To combat that, just wash with a mild cleansing bar like Dove, wear cotton panties (which allow moisture to evaporate), and don't wear underwear to bed. Using unnecessary products like douches or harsh scented soaps can upset the pH balance of your vagina and cause bacterial vaginosis or yeast overgrowth. Speaking of infections, if you ever notice a *strong* unpleasant smell, especially if there's discharge, see your doctor to get it checked.

3. Do I look weird down there compared to other women?

Unlike men, who use urinals, most of us don't have an opportunity to compare ourselves with other women. One of my patients in her 20s asked me if she should have some of her labia removed after a man pointed out that hers were "long." But labia come in many sizes, shapes, colors, even textures, and it is common for one side to be longer or bigger than the other. All women are different, and if you ask me, *vive la différence*! Scarring is a big risk of labial surgery—the cuts are made so close to your clitoris and vagina that scar tissue can interfere with orgasm and general pleasure. The only time surgery may be truly necessary is when a woman's labia are so long they get pinched by underwear and pants and cause pain. It happens, but it's rare.

4. Why don't I have vaginal orgasms? Can I change that?

Once, women were happy just to have an orgasm. Now we feel pressured to have a specific type! The truth is that more than 70 percent of women don't experience orgasm from intercourse alone. For most of us—though not all—the clitoris is the most sensitive zone, and intercourse isn't the most efficient way to stimulate it. If being able to climax during intercourse matters to you, here's what I recommend: Have more foreplay, so you can be closer to orgasm before sex; choose positions that stimulate the clitoris, like woman on top; and try using a vibrator during sex. In general, though, it's good not to be overly goal-oriented—it's called "lovemaking," after all, not "orgasmhaving."

5. Why does my vagina sometimes hurt when I have sex?

Pain during sex is more common than you might think, but women often don't talk about it because they fear they're the only ones not having mind-blowing romps. Most often, the culprit is dryness. Birth control pills, antidepressants, and antihistamines can cause it, as can illnesses such as heart disease and diabetes. Stress and depression can make it difficult for you to relax and lubricate as well. The fix can be as simple as using a good, water-based lube, but to be safe, anyone who's having pain during sex should see her doctor to rule out ovarian cysts, fibroid tumors, or infection. ®

YOUR OB/GYN SAID **WHAT?!**

Sure, doctors are allowed to be blunt, but some things cross the line. So if you ever have an experience like these when you're in the stirrups, it's time to find a gyno who *respects* your body, says ob/gyn Hilda Hutcherson, M.D.

During an exam, I had a female gynecologist look up from my un-Brazilian-ed nether regions and offer, 'You know, we do electrolysis here.' I responded, 'Thanks, but I don't mind looking like an adult.'" —J.Y., New York

"When I told my gyno I was having strong cravings for sweets, he replied, 'Say you were walking down the street and were suddenly very horny. Would you immediately go and have sex with the next person who walked by? No. So be as judicious with these *lips'—and here he pointed to my mouth—'as you are with* those,' *indicating my lady parts." —P.A., California*

"I had an abnormal Pap smear and had to get a cervical biopsy. The ob/gyn took a sample, but he must have dug in a little too deep. Besides unbelievable pain, blood started gushing out. While I was trying to get over the pain and shock, he shouted out to the hall, 'We've got a bleeder in here!'" —A.F., Washington, DC

"I was on the table, legs spread, anticipating the duck bill (as I call the speculum), and I heard the doctor flipping through the pages of my chart. Then, out of nowhere, he mentioned that he'd noticed I'd gained weight. Really?! Could you have said that before I was seated uncomfortably at the edge of this table, naked? I told him I was there for him to examine my vagina, not my waistline. I never went back to him again." —J.B., Ohio —REPORTING BY MELISSA WALKER

30 BEST THINGS YOU CAN DO FOR YOUR KIDS

Brilliantly simple advice from powerhouse parents. By Brittany Burke

1. Do not *be a couch potato.* "The best way to encourage a love of exercise in your kids is to lead by example. My children know that unless it's raining, they're going outside—and I'm going with them. I'll challenge them to the Oz Olympics, filled with things like obstacle courses and running around the house four times fast. I give them these tough challenges so that sometimes they'll fail, and they'll learn how to get back up again. That kind of resilience is what taking control of your health is all about." —DR. MEHMET OZ, *cofounder of HealthCorps*

2. Be accepting of everyone. "I keep remembering those lines from *South Pacific*: 'You've got to be taught before it's too late. Before you are 6 or 7 or 8, to hate all the people your relatives hate. You've got to be carefully taught.' In these days, with so many different kinds of families and ethnic groups, the best thing you can teach your children is tolerance, acceptance, and compassion. If they learn these qualities—and a parent must be the example—life will be easier and fuller. It is also a good idea not to throw the cat out the window." —BARBARA WALTERS, *veteran journalist and cohost of* The View

PAMELA HANSON/TRUNKARCHIVE.COM.

A few more essentials: spontaneous snuggles...

3. *Get everyone together for dinner.*

"Family dinners are a tradition we've instituted at the White House, and it has made a huge difference. No matter what else is happening, at 6:30 we stop everything and eat together. Even if the President is traveling, his goal is always to get home in time for dinner. We use those dinners to connect with our girls, have conversations, and just spend quality time together as a family. And we've found that our girls aren't as focused on gobbling down their food if they're engaged in a conversation. They taste their food and take their time. That's why I truly believe that the family meal is much more critical than we ever imagined, and that's what the President and I experience every day in our home." —**MICHELLE OBAMA**, *First Lady*

4. *Skip makeup sometimes, and show them that you're okay with how you look.*

"Everyone wants to be pretty. But to be amazing and special is about a lot more than your looks. It takes style, substance, kindness, and confidence. Remember to celebrate the qualities that make you unique. They are what inspire me as a makeup artist, and they should inspire you too. With or without makeup, you are pretty powerful." —**BOBBI BROWN**, *makeup artist*

5. *Take them to work.*

"I always brought my kids to the sets of my movies so they could see for themselves what it was like to do something you love. They saw a great amount of hard work, as well as passion, a desire to get things done right, and enormous amounts of fun and pride in what we were doing. There was also always a sign on my monitor that said *GUT,* to remind me to follow my instincts—and my kids still remind me about that!" —NANCY MEYERS, *screenwriter and director of* It's Complicated, The Holiday, *and* Something's Gotta Give

6. *Be their watchdog.*

"As parents, sometimes we don't check what's *in* the products we're taking home for our kids. We assume we can trust what's in the store. You wouldn't jump to the conclusion that there's arsenic in the juice you're buying. You wouldn't think companies are allowed to put carcinogens in laundry detergent. That stuff never crosses our minds, but we're the ones who have to say 'Enough is enough' and demand transparency from the companies we support to keep our children safe." —**JESSICA ALBA**, *actress and founder of The Honest Company, an eco-friendly, nontoxic-baby-supply delivery service*

7. *Have great manners.*

"Showing your children how to properly shake a person's hand, look someone in the eye, and be polite to everyone will help them now and later in life. As the old Head and Shoulders commercial goes, 'You never get a second chance to make a first impression,' and I really think that's true!" —**KATIE COURIC**, *ABC News special correspondent; host of* Katie, *premiering in September; and author of* The Best Advice I Ever Got

8. *Give life a soundtrack.*

"Music has always been an outlet and a friend I could count on to help me with my feelings, and I'm excited to pass that positive influence on to my son." —JEWEL, *singer/songwriter whose new children's album,* The Merry Goes 'Round, *is in stores now*

9. *Say no.*

"Kids need to learn to delay gratification—life isn't about getting everything you want exactly when you want it. When I say no to

...knowing when to let go...

FROM LEFT: SAM EDWARDS/GETTY IMAGES, RICHARD FOULSER/TRUNKARCHIVE.COM.

always brought my kids to my movie sets do something you love. They saw hard work,

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something and my kids have a great attitude about it, they end up getting whatever I'm refusing way sooner than they think!" —**ANGELA BASSETT,** *actress,* This Means War

10. Be consistent. "Over my many years of working with horses and their 'people,' I have learned a truth that applies to how we treat our fellow human beings: You can't be a good guy when you leave the barn and a bad guy when you get to the barn." —**BUCK BRANNAMAN,** *horse trainer and inspiration for the movie* The Horse Whisperer

...a lesson in how to just *chill*...

11. Take great care of yourself, so your kids don't have to. "As a mom, it's hard to put yourself first. I'm in the process of adopting and I'm spending a lot of time with my daughter in Haiti, and I really get that now. But kids know when you're spread too thin and falling apart, emotionally or physically—and it scares the hell out of them. I've seen it firsthand in the families I've worked with on *Losing It* and *The Biggest Loser.* A parent's unhappiness or poor health is a tremendous burden. And when you show your kids that you can handle your life, it allows them to feel secure in the fact that you can handle theirs. Prove to them that you will be present in the best possible way: with a healthy mind and body, and for a long, long time." —**JILLIAN MICHAELS,** *health and wellness guru*

12. Give them the money job in the kitchen. "Preparing food is one of life's great joys, but a lot of times, parents ask their kids if they want to cook with them and then tell them to go peel a bag of potatoes. That's not cooking—that's working! Kids want to sauté, to cut the pizza, to see how the ingredients come together. If you let them do the fun stuff, they'll develop skills and interests that will stay with them forever." —**GUY FIERI,** *chef and star of the Food Network shows* Guy's Big Bite *and* Diners, Drive-ins and Dives

13. Teach through storytelling. "You have to remember that children are newcomers to the world. They didn't come bringing any information, so they need to learn as much as possible. The best way to do that is by reading so that *you* know as much as possible. Then make up a story about Europe, the queen of England, a king in Sweden. No matter what it's about, if you make a story exciting enough, they'll be inspired to go out and learn more." —**MAYA ANGELOU,** *poet and author*

14. Don't judge them. "My goal is always to listen to my daughter and try to teach her without making her feel any shame." —**COURTENEY COX,** *actress,* Cougartown

15. Get them involved in community service. "Even at a young age, children respond to the idea of giving back. It's important for you to support and supervise their efforts, but it's essential that you let them do the work. When you teach them to help others with their own hands, you're giving them the beginnings of a joyful lifetime habit, and you're making the world a better place." —**ANNA MARIA CHÁVEZ,** *CEO of Girl Scouts of the USA*

16. Watch with them. "A few months ago we instituted family movie night on Sundays. It's a big deal: We turn off the lights, make popcorn, and watch a film about talking chipmunks or talking cars or talking insects. As a result, my young sons have become little Roger Eberts. In our postmortem discussions, we rate the movies from 1 to 5 stars, point out plot flaws, and pitch our own sequels. Eventually, I want to be there when they watch *The Godfather: Part II* and *M*A*S*H*, and I want to talk about Big Issues like war, loyalty, ethics. I can't wait. But if they give *Groundhog Day* less than five stars, I'll be crushed." —**A.J. JACOBS,** *author of* Drop Dead Healthy: One Man's Humble Quest for Bodily Perfection

so they could see for themselves what it was like to passion, and a desire to get things done right."

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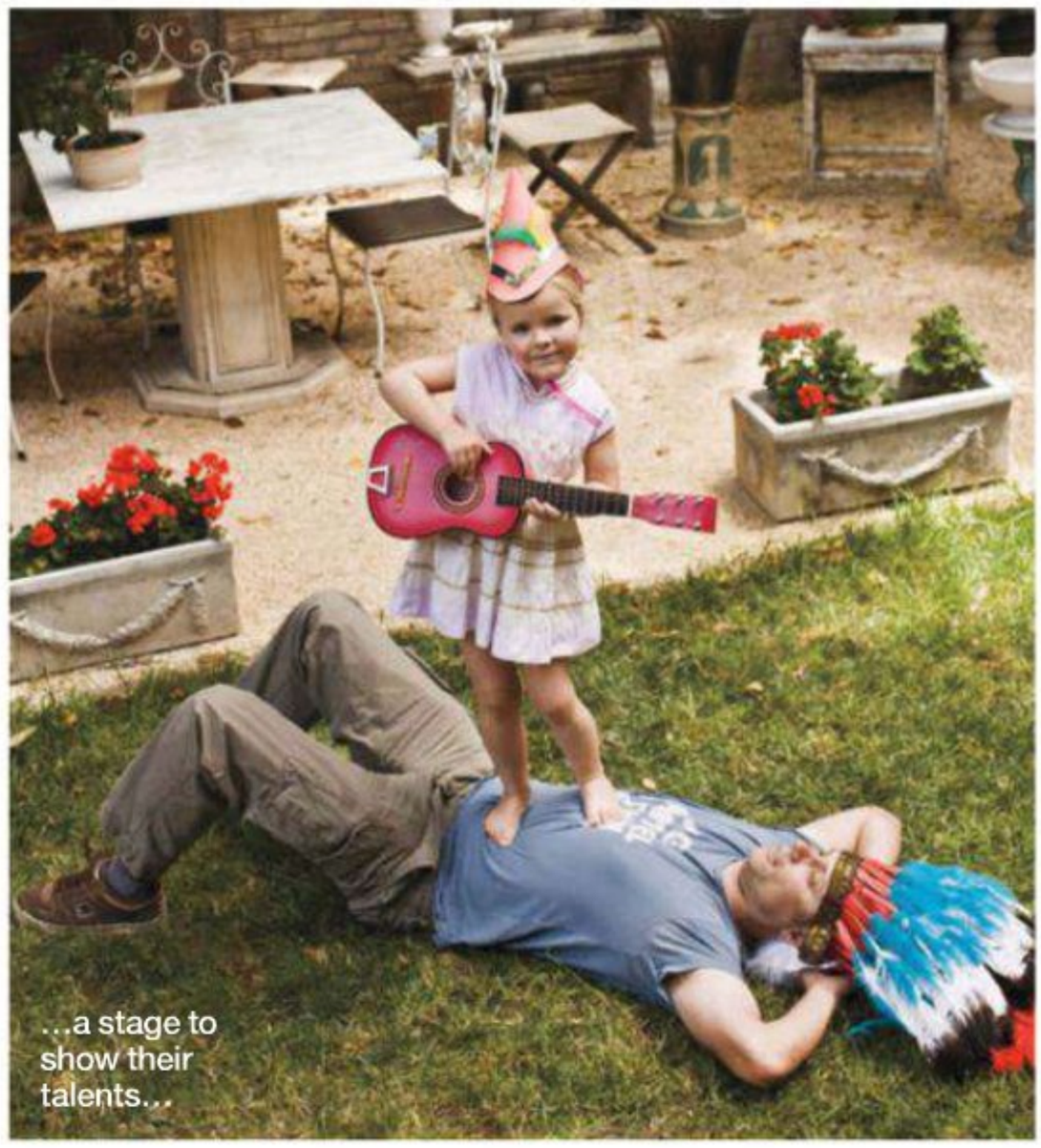
"I've learned some of my biggest life understand disappointment in order

17. *Introduce them to the world of money.* "When I was 12, my dad started taking me with him to the bank and I began sitting at the kitchen table with my mom as she wrote checks for our bills. Being a part of the money-dealing in our family made me think about where money goes, and why, and how. Even if you can do it all online now, you don't want your kids to feel that a bank is a foreign place. If you actually take them there, eventually they won't be as intimidated when they meet face-to-face to sign a mortgage. And make bill-paying a time to explain why you do things like pay off your credit card bill in full. That will instill an awareness that money has its limits, and if you exceed them, it will cost you." —CARMEN WONG ULRICH, *president and cofounder of Alta Wealth Management*

18. *Let them lose.* "I've learned some of my biggest life lessons from failing. It's important for kids to understand disappointment in order to really appreciate winning." —JENNIE FINCH, *Olympic gold medalist, softball*



...a stage to show their talents...

19. *Make 'em laugh.* "My son, Eli, loves slapstick—like when my 'baby daddy,' John, bops himself in the head with a book and exaggerates falling down, yelling, 'Aggh!' Sometimes it bugs the hell out of me, but we do it to make Eli smile. When a kid is laughing, they're experiencing pure joy. As a parent, I want to provide that as much as possible." —RACHEL DRATCH, *comedian and author of* Girl Walks Into a Bar...

20. *Break the dress code.* "I teach my daughters never to be afraid of looking foolish if they really believe in something. I love being innovative, and my goal is to inspire my girls to believe in themselves and not worry about what other people think. By teaching them to embrace personal style, they're stretching their strengths and abilities and ultimately gaining confidence." —RACHEL ROY, *fashion designer*

21. *Tell them about the first time you got your heart broken.* "A heartbreak is like an inoculation: It hurts, but it's good for you. When my post-college boyfriend cheated on me, I felt shattered. But getting my heart broken made me more resilient. Now I make a point to tell my daughter about those hard moments, and teach her not to be stingy or too cautious, but to love big, give her whole heart, and understand that no matter what comes, she will survive it all. Loving well sets you up for an emotional intelligence and depth that you will need to survive the long-haul relationships to come." —LEE WOODRUFF, *whose husband, Bob, was seriously injured while covering the war in Iraq for ABC News; her novel,* Those We Love Most, *comes out this fall*

22. *When you're home, unplug.* "Turn off the computer, BlackBerry, iPhone—everything. Kids can feel it when you're not 100 percent listening, so be completely present." —ALI WENTWORTH, *actress, host of the web series "Daily Shot With Ali Wentworth," and author of* Ali in Wonderland

23. *Learn from them.* "I consider my kids wiser than I am, because they are completely uncorrupted. I try to always hold them in the highest regard so they'll know their worth." —THANDIE NEWTON, *actress,* Good Deeds, *and Olay spokeswoman*

24. *Be modest.* "When it comes to our own achievements, we should be proud, but constantly talking about ourselves is excessive. A friend once told me, 'You don't have to tell everything that you know.' Indeed, one of the best ways to be a good person is restraint—accentuating the positive in others and letting others notice our achievements. Understanding the pleasures of quiet is one of the best traits in a person, and ironically, it has exactly the effect of making others want to know more about your success. Gradually, kids come to see that bragging is a form of insecurity. We speak loudest when we simply shine." —JACQUELYN MITCHARD, *author of* The Deep End of the Ocean

FROM LEFT: STEPHANIE RAUSSER/TRUNKARCHIVE.COM, KIM MYERS ROBERTSON/ART & COMMERCE.

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lessons from failing. It's important for kids to to really appreciate winning."

25. *Please, don't smoke. And if it's too late for that, quit.* "Kids with parents who smoke have a higher risk for asthma, ear infections, and behavioral problems, not to mention the fact that they're more likely to smoke someday themselves. Avoiding cigarettes is the best way for you to live a healthy life." —**ELYSE PARK, M.D.,** *director of Behavioral Health Research at Massachusetts General Hospital/Harvard Medical School*

26. *Talk to them about sex.* **"People used to ask me why I said *vagina* so much, but it wasn't about saying the word—it was about breaking the silence and making everything about vaginas less taboo. We should teach our kids what sex is, what pleasure is, and how wonderful it is. Sure, enlightening them about healthy sexuality is going to be awkward. So what? What's the big deal with that? The more you talk about anything, the less awkward it becomes."** —**EVE ENSLER,** *founder of V-Day and author of* The Vagina Monologues

27. *Read together so they will learn to love books.* "As a child, I loved listening to my mother read to me. Little did I know she was doing much more than providing comfort and entertainment; she was paving the way for my learning and success at school. George and I later discovered what my mother already knew: that some of our sweetest memories came from reading together as a family." —**LAURA BUSH,** *former First Lady*

28. *Have some faith.* "From their very first years, I instilled in my kids the importance of having a loving relationship with God. Not as some remote, impersonal 'pie in the sky' deity, but as their friend, who would be with them long after their mother and father are gone." —**KATHIE LEE GIFFORD,** *cohost of the* Today *show*

29. *Celebrate their inner beauty.* **"I have always stressed to my girls that outer beauty fades but inner beauty lasts forever. Simple things like smiling and looking people in the eye could change someone's bad day into a good one. My mom always said that beauty is as beauty does, and I'm sure it will pass along to all the future generations of our family."** —**TINA KNOWLES,** *designer and mom to Beyoncé and Solange Knowles*

30. *Encourage them to take risks.* "One of the greatest gifts we can give, as parents, is supporting our children in their dreams, whatever they may be. For me, this means doing my best each day to follow the example set by my own mother, who brought me up to believe there was nothing I should be afraid to try, while making it clear that she would not love me one iota less if I failed."
—**ARIANNA HUFFINGTON,** *editor-in-chief of The Huffington Post Media Group*

...and good old-fashioned discipline. Time out!

1 dream kitchen 15 real ideas

Designer tips

1 "Look at the outside of your house for inspiration," says designer Jessica Helgerson, who created this kitchen for a client. "This home had a white brick exterior and a red roof, which led me to subway tiles and the stools!" 2 Pay attention to the ceiling: If you paint it the same shade as the walls and cabinets, the whole space will seem bigger. 3 Don't bother with curtains. The steel panes of these windows match the crisp mood of the room *and* let in a happy flood of light.

LINCOLN BARBOUR.

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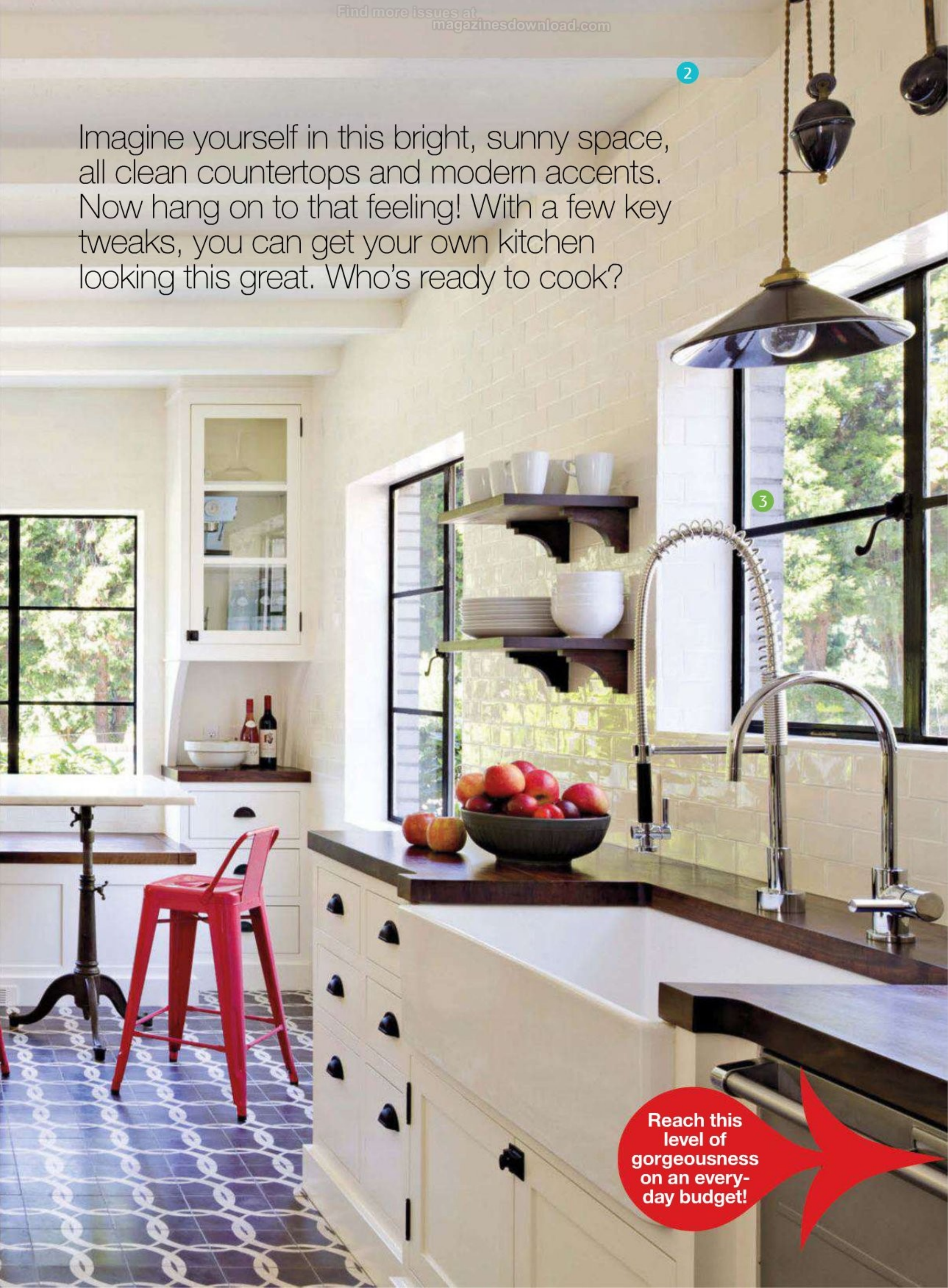
Imagine yourself in this bright, sunny space, all clean countertops and modern accents. Now hang on to that feeling! With a few key tweaks, you can get your own kitchen looking this great. Who's ready to cook?



A **splash of red** works magic in a **black-and-white** space.

4 **Stunning orchid,** lasts for *forever*. Artificial orchid, $39.99; houseofsilkflowers.com. 5 **Fill pots in an instant** with a gleamy (and so cool) faucet. AquaSource pull-down faucet, $198; lowes.com. 6 **This adjustable pendant light** adds European charm to the mix. Large Porter pendant, $129; potterybarn.com. 7 **A hot spot for salad**—or random detritus. Salad bowl, $39.95; pier1.com. 8 **For the counters,** pre-cut pieces of walnut are cheaper than big slabs and still look terrific. Countertop, $120 for 12x25-inch block; butcherblockco.com. 9 **A tall, marble-topped table** is ideal with stools. French kitchen island, $999; crateandbarrel.com. 10 **Fresh juice,** anyone? OrangeX juicer, $100; williams-sonoma.com. 11 **Shelves to free up space** *and* display your pretty dishware. Äpplarö shelf, $9.99; ikea.com. 12 **These stools** are cute and super-durable. Tabouret 24-inch stools, $90 for 2; overstock.com. 13 **Bin pulls** are the easiest way to make over cabinets. Wayfair pull, $6.06; buy.com. 14 **The designer** used these glam—and pricey—tiles. Paccha tile, $24.94 per square foot; annsacks.com for stores. 15 **We found similar ones,** minus the sticker shock! Mission Tile Trebol, $4.81 each; aventetile.com.

COURTESY OF MANUFACTURERS (12).

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Breyers BLASTS!

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GOOD TO EAT

EASY, **HEALTHY** FOOD **EVERYONE** WILL LOVE

PHOTOGRAPHED BY AMY NEUNSINGER.

Giada (re)makes dinner

The star chef tweaks steak, salad, salmon, and meatballs so you'll be excited about them again. Plus: Fast, healthy **smoothies** ● The best way to organize your freezer ● Kitchen **tricks** from Aussie cutie Curtis Stone

C'mon—you've made that dinner a thousand times! We've got four fun new recipes from Giada De Laurentiis's new book, Weeknights With Giada. *Try one: Your taste buds won't know what hit them.*

(from previous page)

Salmon cakes with lemon-caper yogurt sauce

Prep time: 10 minutes
Cooking time: 14 minutes

Sauce

- 1/2 cup full-fat plain Greek yogurt
- 1 1/2 Tbsp capers, rinsed, drained, and chopped
- 1 Tbsp grated lemon zest
- 1 Tbsp fresh lemon juice
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Salmon cakes

- 1 (14.75-oz) can boneless, skinless pink salmon, drained
- 1 large egg, beaten
- 26 saltine crackers, finely crushed (1 1/3 cups)
- 1/3 cup chopped chives
- 1/2 cup frozen corn, thawed
- 1/4 cup mayonnaise
- 2 Tbsp Dijon mustard
- 1 Tbsp capers, rinsed, drained
- 1 Tbsp grated lemon zest
- 1 Tbsp fresh lemon juice
- 3 Tbsp vegetable oil
- 3 Tbsp unsalted butter

1. Sauce: In a small bowl, mix the ingredients. Refrigerate until ready to use.

2. Salmon cakes: Using a fork, flake salmon into 1/2-inch pieces in a medium bowl. Add egg, 1/2 cup of the crushed crackers, chives, corn, mayonnaise, mustard, capers, lemon zest, and lemon juice. Mix gently until just combined. Form the salmon mixture into eight 3-inch patties, about 3/4 inch thick. Carefully coat patties in the remaining crushed crackers and refrigerate for 20 minutes.

3. In a large nonstick skillet, heat oil and butter over medium heat. Add salmon patties and cook 6 to 7 minutes on each side, until golden and crispy. Drain patties on paper towels. Serve with sauce.

Grilled California-style chopped salad with shrimp

Prep time: 15 minutes
Cooking time: 8 minutes

Dressing

- 3 Tbsp *each* extra-virgin olive oil and fresh lemon juice
- 1 1/2 Tbsp agave nectar or honey
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

Salad

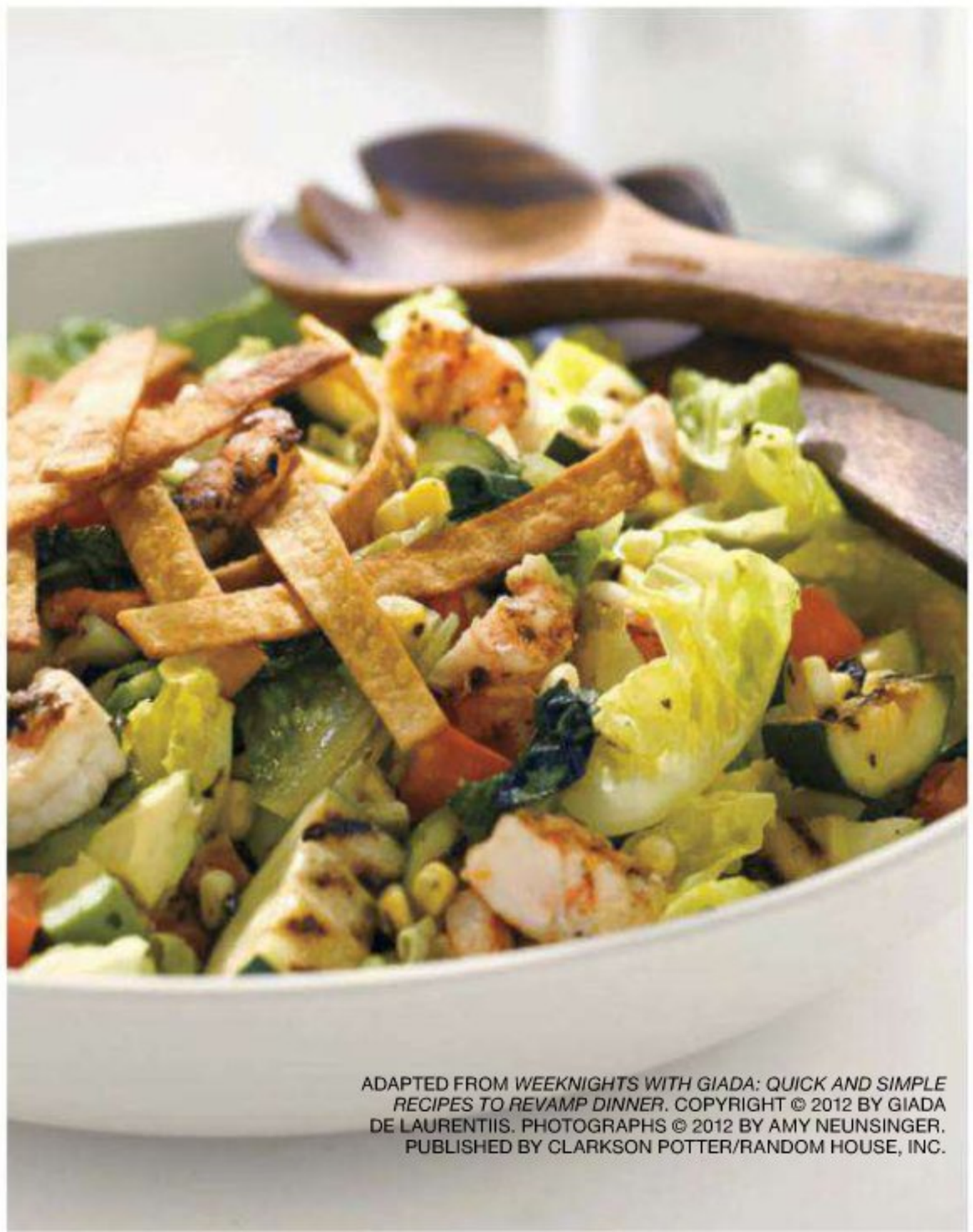
- 1 head romaine lettuce, trimmed, halved lengthwise
- 1 ear corn, husk and silk removed
- 2 medium zucchini, halved lengthwise
- 6 colossal or 12 extra-large shrimp, peeled, deveined
- 2 Tbsp olive oil
- 1 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 head butter lettuce, torn into small pieces
- 2 medium tomatoes, chopped into 1/2-inch pieces
- 1 firm-ripe Hass avocado, peeled, seeded, and cut into 1/2-inch cubes
- 2 cups store-bought tortilla strips, such as Mission Restaurant Style

1. Dressing: In a small glass measuring cup, whisk together the ingredients.

2. Salad: Heat a grill pan over medium-high heat, or heat a gas or charcoal grill. Drizzle romaine, corn, zucchini, and shrimp with olive oil and sprinkle them with salt and pepper. Grill romaine for 2 minutes, turning occasionally, until crisp-tender and browned in spots; transfer to a cutting board. Grill corn and zucchini 2 to 3 minutes on all sides until crisp tender; remove to cutting board. Grill shrimp 2 to 3 minutes, turning once, until opaque and cooked through; transfer to cutting board.

3. Coarsely chop grilled romaine and place in a large salad bowl. Using a sharp knife, remove kernels from corn husk and add to salad bowl. Chop zucchini into 1/2-inch pieces and add to bowl. Cut shrimp into 1/2-inch pieces and add to bowl. Add butter lettuce, tomatoes, and avocado.

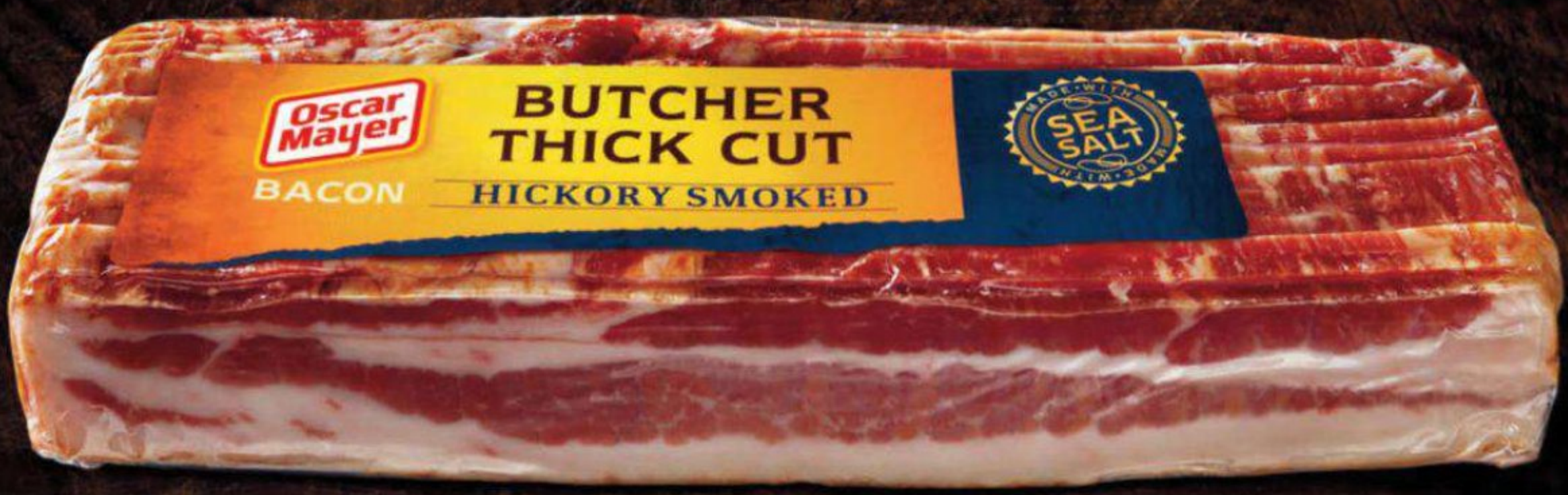
4. Whisk dressing and pour it over salad; toss until ingredients are coated. Season to taste with salt and freshly ground pepper. Garnish with tortilla strips.



ADAPTED FROM *WEEKNIGHTS WITH GIADA: QUICK AND SIMPLE RECIPES TO REVAMP DINNER*. COPYRIGHT © 2012 BY GIADA DE LAURENTIIS. PHOTOGRAPHS © 2012 BY AMY NEUNSINGER. PUBLISHED BY CLARKSON POTTER/RANDOM HOUSE, INC.

GIADA: JONELLE WEAVER.

It scares other bacon to bits.



Introducing new *Oscar Mayer* Butcher Thick Cut Bacon. These hearty, thick cuts are hand trimmed and smoked for up to 14 hours with natural hardwoods. Ladies and gentlemen, this is bacon.

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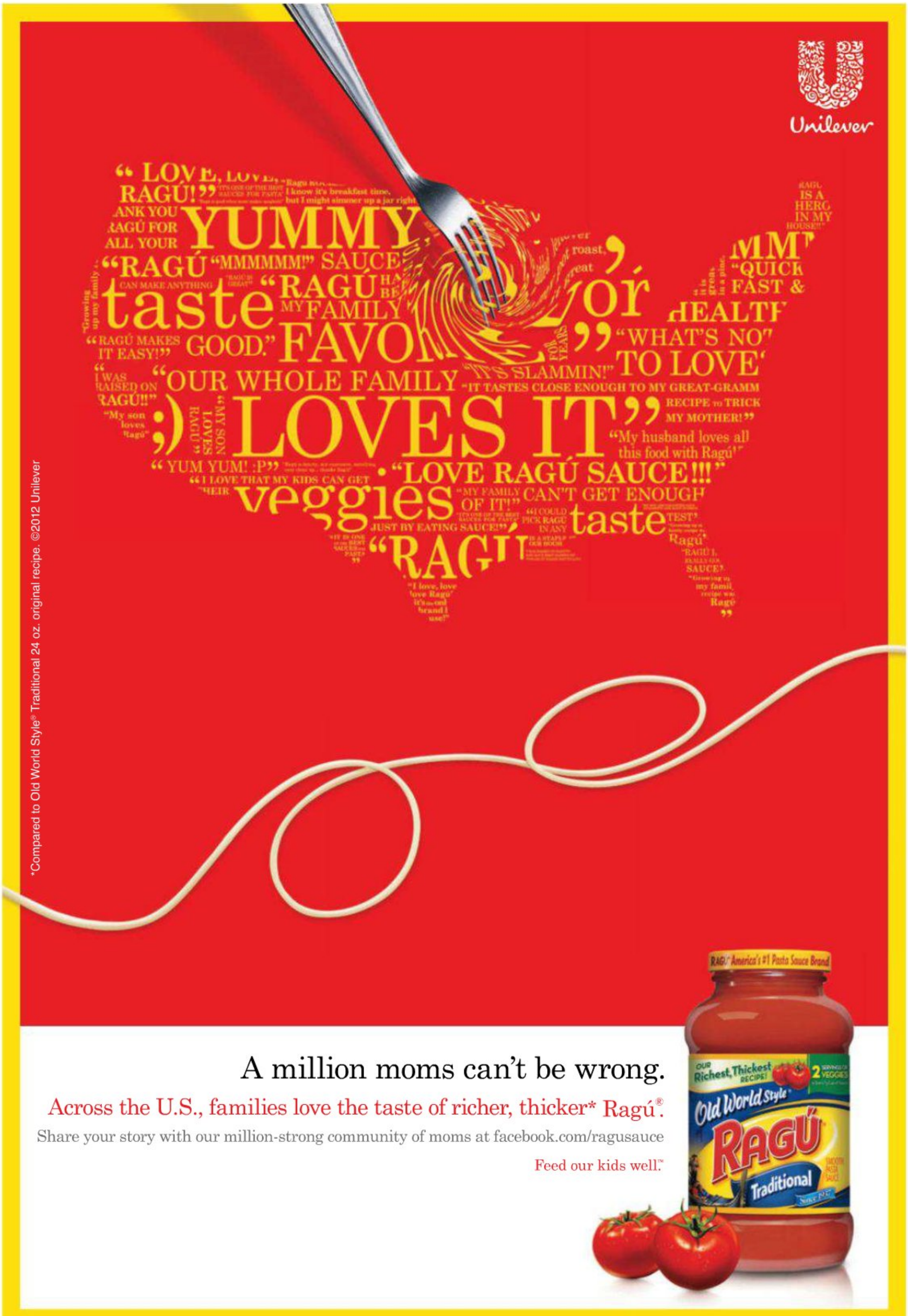
Rib-eye steaks with smoky arrabbiata sauce

Prep time: 10 minutes
Cooking time: 37 minutes

- 1 (28-oz) can crushed tomatoes
- 1 large onion, coarsely chopped
- 3 garlic cloves, peeled, crushed
- 2 Tbsp capers, rinsed, drained
- 1 (4-inch-long) serrano or 2 Thai chiles, stemmed, half of seeds removed, and coarsely chopped
- 2 Tbsp sugar
- 1 Tbsp smoked paprika
- 4 tsp kosher salt
- 2 (1-lb) boneless rib-eye steaks, about 1 inch thick
- 1 tsp freshly ground black pepper
- 2 Tbsp olive oil

1. In a food processor, combine tomatoes, onion, garlic, capers, chile, sugar, paprika, and 2 tsp of the salt. Process until slightly chunky. Pour sauce into a medium saucepan and bring to a simmer over medium-low heat. Cook 25 minutes, until thickened. Season to taste with additional salt and smoked paprika. Reserve 1 cup of the sauce for the steaks; save the rest to serve as a sauce for a pound of pasta another night. (Once cool, the sauce will keep for up to one week in an airtight container in the refrigerator. Reheat before serving.)
2. Heat a grill pan over medium-high heat, or heat a gas or charcoal grill. Season steaks on both sides with the remaining 2 tsp of the salt and the pepper. Drizzle steaks on both sides with olive oil. Grill 5 to 6 minutes on each side (or until a thermometer inserted into the meat reaches 135°F) for medium-rare. Cover loosely with foil and let steaks rest 5 minutes.
3. Slice steaks across the grain into ¼-inch-thick slices. Serve with the reserved sauce.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Sweet and spicy Greek meatballs

Prep time: 15 minutes
Cooking time: 18 minutes

- 1 lb ground lamb or 80% lean ground beef
- 1 cup cooked and cooled couscous, plus extra couscous for serving
- 3 scallions (white and pale green parts), chopped
- 2 garlic cloves, peeled, chopped
- 1 large egg (at room temperature), beaten
- 1/4 cup chopped fresh flat-leaf parsley, plus more for serving
- 5 Tbsp olive oil
- 3 Tbsp dried mint
- 2 Tbsp ground cinnamon
- 1 1/2 Tbsp dried oregano
- 1 1/2 tsp ground cumin
- 2 tsp kosher salt
- 1/2 tsp *each* freshly ground black pepper and cayenne pepper
- 2 cups marinara sauce
- 2 cinnamon sticks

1. In a large bowl, mix ground meat, couscous, scallions, garlic, egg, parsley, 2 Tbsp of the olive oil, mint, 1 Tbsp of the cinnamon, oregano, cumin, salt, and black and cayenne peppers. Form mixture into 14 to 16 meatballs, 1 1/2 to 2 inches in diameter.

2. Heat the remaining 3 Tbsp of the olive oil in a large nonstick skillet over medium-high heat. Add meatballs and cook until they are browned on all sides, about 6 minutes. Add marinara sauce, the remaining 1 Tbsp of the cinnamon, and cinnamon sticks to pan. Bring sauce to a boil, then reduce heat and simmer, turning meatballs until they're cooked through, 10 to 12 minutes. Discard cinnamon sticks.

3. Transfer meatballs and sauce to a serving bowl and garnish with chopped parsley. Serve with additional couscous.

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Fish fillets are your friends They're über-healthy and cook fast, and if you use these 2 recipes, they'll taste like a fancy chef hijacked your kitchen.

4 (6-oz, 1/2-inch-thick) cod, flounder, or sole fillets

1/2 lb plum tomatoes (2 to 5, depending on size), diced

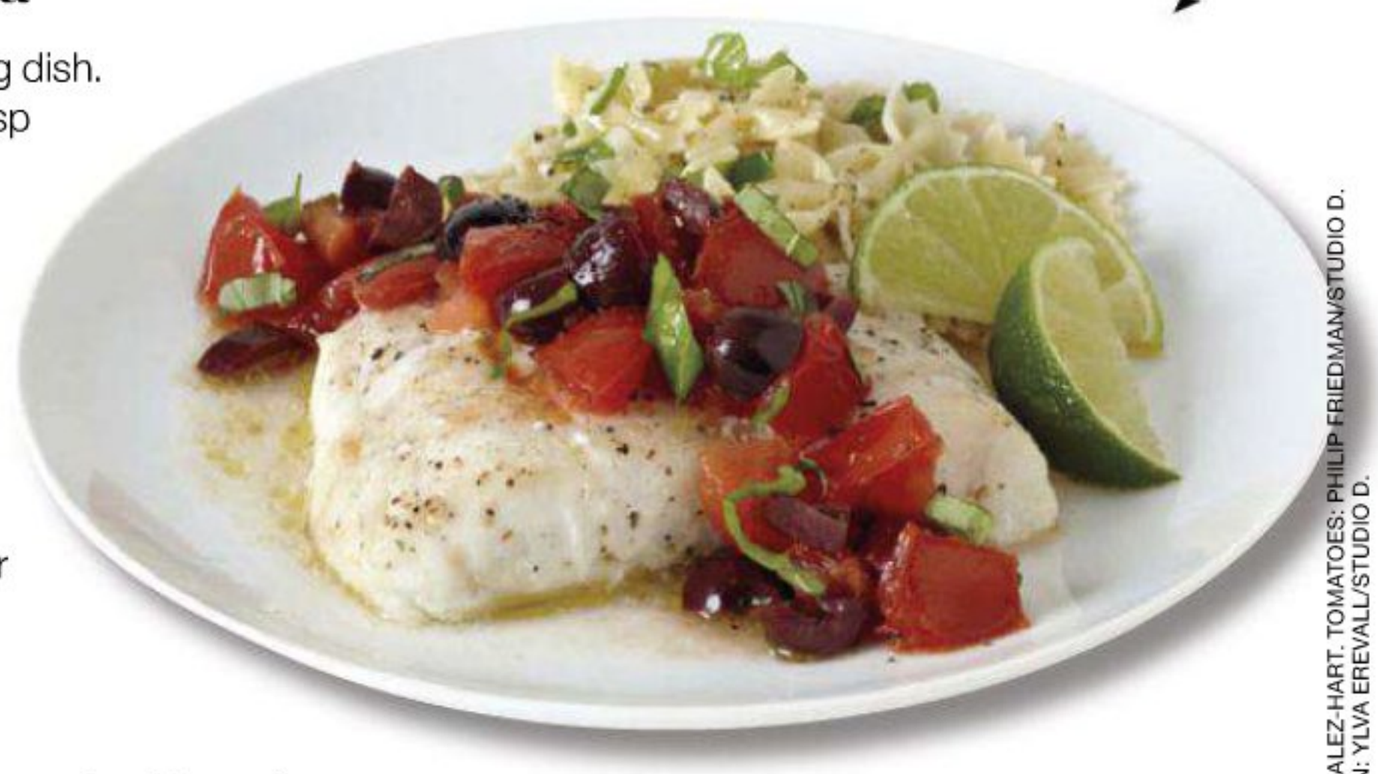
12 pitted kalamata olives, coarsely chopped

8 Tbsp shredded fresh basil

1 tsp grated lime zest and 2 tsp fresh lime juice, plus lime wedges for serving

6 oz orzo or other tiny pasta

Cod with warm tomato-olive salsa



1. Heat oven to 400°F. Place fish in an ovenproof baking dish. Brush fillets with 1 Tbsp olive oil, then sprinkle with 1/2 tsp kosher salt and 1/4 tsp freshly ground black pepper.

2. In a medium bowl, combine tomatoes, olives, 2 Tbsp of the basil, lime zest and juice, 2 tsp olive oil, and 1/4 tsp *each* kosher salt and black pepper.

3. Bake fish 8 minutes. Spoon salsa over fish, then bake 2 minutes longer.

4. Meanwhile, cook orzo according to package directions. Drain and toss it with 1 Tbsp unsalted butter and 4 Tbsp of the basil.

5. Sprinkle fish with remaining basil. Serve with orzo and lime wedges.

Makes 4 servings. Each serving: 374 cal, 10 g fat, 33 g protein, 36 g carb.

4 (6-oz, 1/2-inch-thick) cod, flounder, or sole fillets

1/2 cup Italian-style panko breadcrumbs

2 Tbsp pine nuts, toasted

1 Tbsp *each* dark and golden raisins

1 tsp grated lime zest and 1 Tbsp fresh lime juice, plus lime wedges for serving

2 Tbsp chopped fresh flat-leaf parsley

Sicilian-style cod

1. Heat oven to 400°F. Coat a baking sheet with olive oil cooking spray.

2. In a small bowl, combine breadcrumbs, 2 Tbsp olive oil, pine nuts, raisins, lemon zest and juice, and 1 Tbsp of the parsley.

3. Place fillets on the prepared baking sheet. Sprinkle all but 2 Tbsp of the breadcrumb mixture over fillets, dividing evenly. Sprinkle fillets with 1 tsp kosher salt and 1/2 tsp freshly ground pepper. Roll up each fillet and sprinkle remaining breadcrumb mixture over the tops, then drizzle with 1 Tbsp olive oil. Bake 8 to 9 minutes or until fillets are barely opaque at the thickest part. Sprinkle fish with remaining parsley. Serve with lemon wedges and a mixed green salad.

Makes 4 servings. Each serving: 289 cal, 13 g fat, 29 g protein, 13 g carb.

—RECIPES BY BARBARA CHERNETZ

MAIN DISHES, COD, ORZO, RAISINS, PARSLEY: LUCY SCHAEFFER. FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: CARLA GONZALEZ-HART. TOMATOES: PHILIP FRIEDMAN/STUDIO D. OLIVES, BREADCRUMBS: ANDREW MCCAUL. BASIL: CON POULOS. LIME: DZMITRY BELSKI. PINE NUTS: ISTOCKPHOTO.COM. LEMON: YLVA EREVALL/STUDIO D.

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1975 | JAWS ATTACKS ON-SCREEN

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Make over your freezer!

Getting a little scary in there? Upgrade the most valuable real estate in your fridge with these easy tricks.

1 START FRESH

First, take everything out. If it looks like Antarctica in there, unplug your fridge for a half hour; otherwise, just wet a sponge with hot water and scrub away sticky spots and ice crystals. Kinda smelly? Wipe the sides and bottom with a mix of baking soda and water. When you put your food back in, don't cover the vent: Pros at Whirlpool and GE recommend leaving an inch or two of space in front of it to keep cold air flowing.

2 STORE SMARTLY

Glass containers with airtight tops (Pyrex and TrueSeal both make them) are your most eco-friendly option for food storage—plus, you won't have to transfer contents to another container to nuke them. Plastic tubs and Ziploc bags are fine too, as long as they're freezer-safe. How will you know? For most brands, there's an icon on the bottom or it says so on the packaging.

3 THINK IN PORTIONS

You know you're not going to cook that entire raft of Costco chicken cutlets at once (and thawing and re-freezing food sucks out the flavor), so wrap pieces individually in foil or plastic wrap, *then* stick them in a container. "This keeps in the juices of any kind of meat," says Robert Wiedmaier, chef-owner of Marcel's in Washington, DC. The same goes for soups and sauces: Divvy them into realistic servings before freezing for better taste and quicker defrosting.

4 SAVE THE DATE

Stop playing *Will-this-kill-me?* every time you take out leftovers. Keep a roll of masking tape and a Sharpie in a drawer near your refrigerator. Every time you freeze something, write down what it is on the tape (trust us, you won't remember if it's cod or halibut), along with the date, and stick it on. ER visit averted!

—ASHLEY NIEDRINGHAUS

KAT TEUTSCH. PROP STYLIST: KARIN OLSEN FOR MARNIE ROSE AGENCY.

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MAY'S SUPERFOOD: PEAS

There are so many excellent reasons to say, *Yes, peas!* Full of bone-building vitamin K, they deliver both protein and fiber (about 4 grams of each in a half cup). "The combo means they're digested slowly, which helps keep you full longer," says registered dietitian Cynthia Sass, author of *S.A.S.S. Yourself Slim*. Don't feel bad about getting peas from the freezer aisle: Frozen ones have as many nutrients as fresh. Most of all, they're delish—so toss them into a salad, stir them into mac and cheese, or swap green peas for chickpeas in a hummus recipe and scoop with toasted pita triangles. —NICCI MICCO

SO MANY MILKS!

Almond, rice… at this point, we're shocked they haven't found a way to make milk out of *shoelaces*. Pick the right option for you.

BEST CHOICE FOR MOST OF US: SKIM COW'S MILK (83 cal, 0 g fat, 8 g protein per 8-oz cup) You can't beat nonfat moo juice: One glass provides as much filling protein as a jumbo egg, plus 300 mg of calcium, about 30 percent of your daily need. Milk is also an excellent way to get a dose of vitamin D, a nutrient most women don't get enough of, says registered dietitian Bonnie Taub-Dix.

A PROTEIN-RICH ALTERNATIVE: SOY MILK (131 cal, 4 g fat, 8 g protein per 8-oz cup) It's an obvious pick for people who are lactose-intolerant or vegan, but soy has plenty of fans who just love it for the rich taste. It contains a few more calories than skim but roughly the same amount of protein, so you'll be just as full.

GREAT FOR DIETERS: ALMOND MILK (60 cal, 2.5 g fat, 1 g protein per 8-oz cup) This mildly sweet and slightly nutty flavored milk is a calorie bargain. It's also enriched with calcium and vitamin D. Just be sure to get protein from another source at breakfast, since almond milk has barely any.

ALLERGIC TO EVERYTHING? RICE MILK (120 cal, 2.5 g fat, 1 g protein per 8-oz cup) If you're lactose, soy, *and* nut intolerant, rice milk is a cereal savior—just choose brands that are fortified with calcium and vitamin D to get some nutrients. But with only one gram of protein, don't count on it to fill you up. —N.M.

IS IT SAFE TO EAT...

...LEFTOVERS YOU FORGOT TO PUT AWAY LAST NIGHT? Nah, just pitch 'em. We've all noshed on something iffy (yesterday's pizza still looks good!) and lived to tell the tale, but food that has been sitting out for more than two hours is considered risky, says Jennifer McEntire, Ph.D., a spokesperson for the Institute of Food Technologists.

...MOLDY CHEESE? Hard cheeses like cheddar are safe to eat as long as you remove the mold and about an inch around it, McEntire says. But "some molds produce toxins that move easily through softer varieties like goat or cottage," so toss those.

...EXPIRED YOGURT? "If unopened, it should still be good up to a week past the sell-by date," says McEntire. But if you think it tastes a little sour or looks lumpy, nix it. —N.M.

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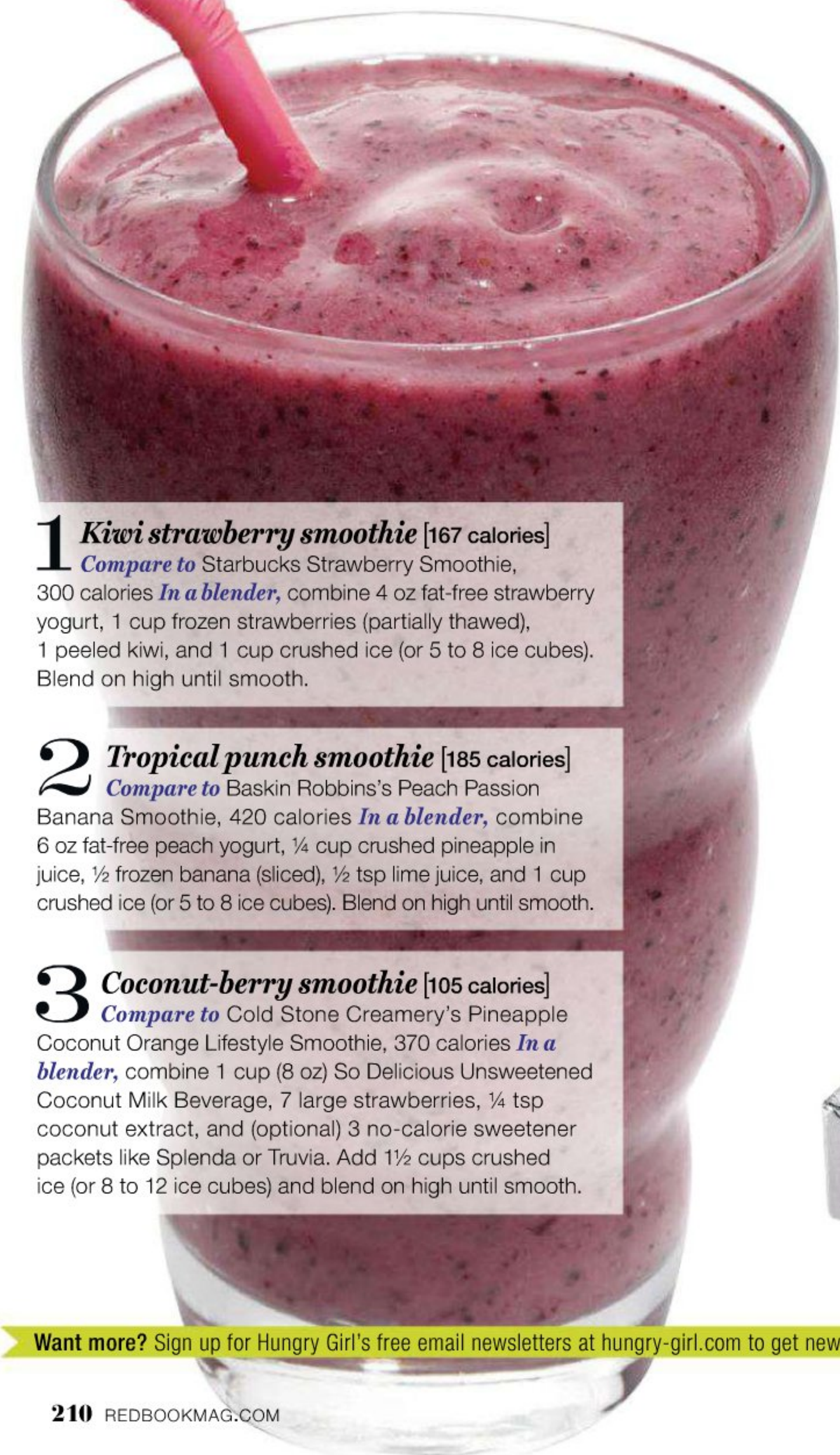
HUNGRY GIRL'S FOOD FIX

The 3 smartest smoothies

Breakfast is key. But it's hard to eat with a spoon while blow-drying or commuting. So sip it through a straw, says Hungry Girl Lisa Lillien.



1 *Kiwi strawberry smoothie* [167 calories]
Compare to Starbucks Strawberry Smoothie, 300 calories ***In a blender,*** combine 4 oz fat-free strawberry yogurt, 1 cup frozen strawberries (partially thawed), 1 peeled kiwi, and 1 cup crushed ice (or 5 to 8 ice cubes). Blend on high until smooth.

2 *Tropical punch smoothie* [185 calories]
Compare to Baskin Robbins's Peach Passion Banana Smoothie, 420 calories ***In a blender,*** combine 6 oz fat-free peach yogurt, ¼ cup crushed pineapple in juice, ½ frozen banana (sliced), ½ tsp lime juice, and 1 cup crushed ice (or 5 to 8 ice cubes). Blend on high until smooth.

3 *Coconut-berry smoothie* [105 calories]
Compare to Cold Stone Creamery's Pineapple Coconut Orange Lifestyle Smoothie, 370 calories ***In a blender,*** combine 1 cup (8 oz) So Delicious Unsweetened Coconut Milk Beverage, 7 large strawberries, ¼ tsp coconut extract, and (optional) 3 no-calorie sweetener packets like Splenda or Truvia. Add 1½ cups crushed ice (or 8 to 12 ice cubes) and blend on high until smooth.

Ask Hungry Girl

Q *I'm obsessed with cheese. But I know the calories add up fast. Help!*

A The key is to find options that are low in calories but don't taste like it. These are some of my favorites—try one the next time a hunk of Brie is calling your name.

✦ **LIGHT STRING CHEESE** is fun to pull apart and snack on alone, but you can also use the shreds instead of mozzarella cheese to top a personal-size pizza. Each stick has 50 to 60 calories. The built-in portion control is key.

✦ **IF YOU LIKE HARD CHEESES** like cheddar but can't be trusted with an entire block, individually wrapped single-serving options are a great bet. The classic Mini Babybel cheese rounds are terrific, with only 50 calories for the light variety and 60 to 80 for regular ones. And I recently discovered Cabot Vermont Serious Snacking Reduced Fat Cheese Snacks, which have 50 or fewer calories each. The flavors—from zesty to super-spicy—are awesome.

✦ **FOR SPREADABLE CHEESE,** you can't beat the Laughing Cow Light wedges (35 calories, 1.5 to 2 grams of fat each). Try them on light bagels instead of regular cream cheese, or on apple slices or high-fiber crackers. They even work great as the base to a slimmed-down Alfredo sauce—just melt and mix with fat-free sour cream and reduced-fat Parmesan, either in a skillet over medium heat or in the microwave.

Want more? Sign up for Hungry Girl's free email newsletters at hungry-girl.com to get new guilt-free recipes, tips, and tricks every day.

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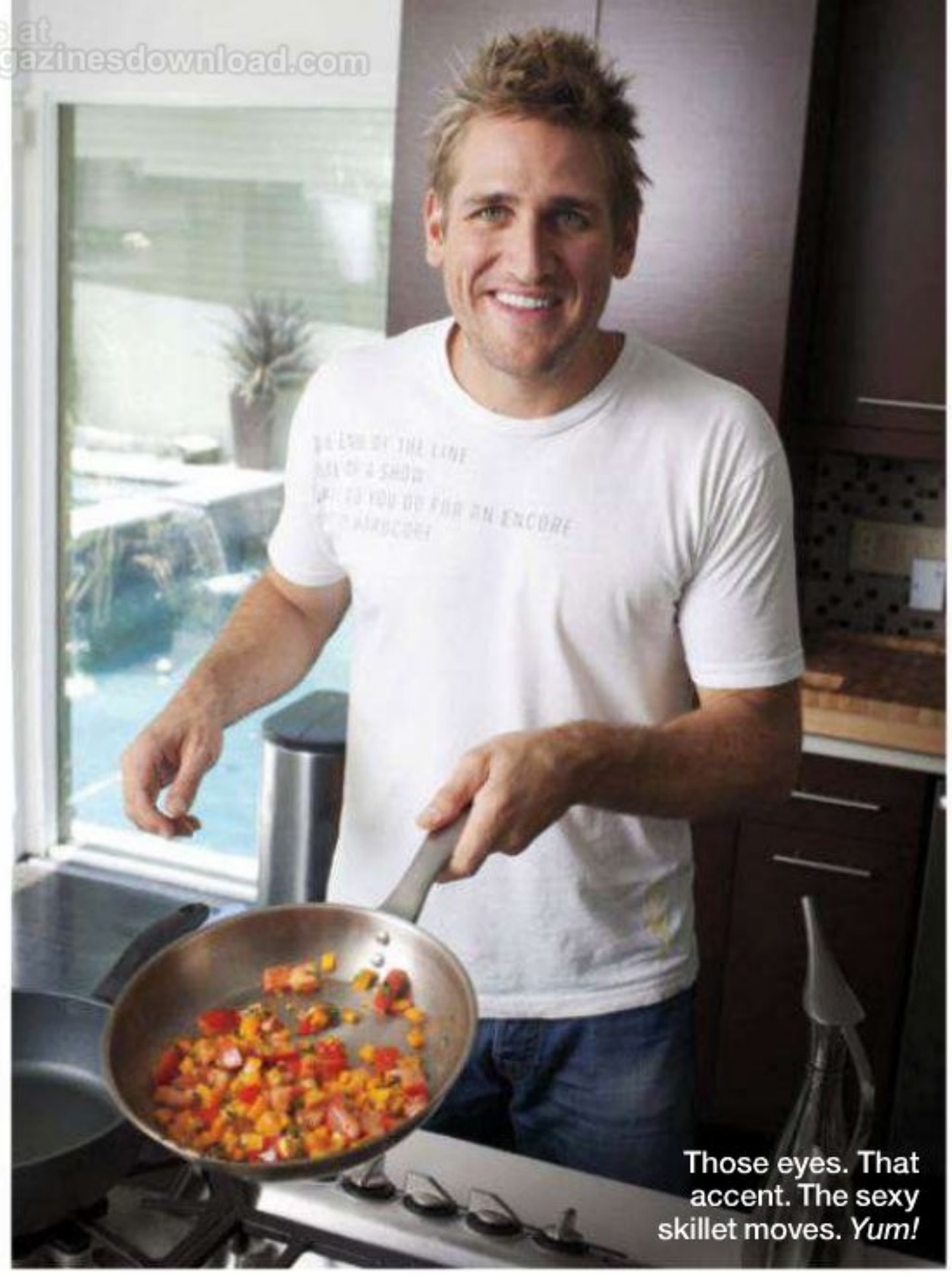
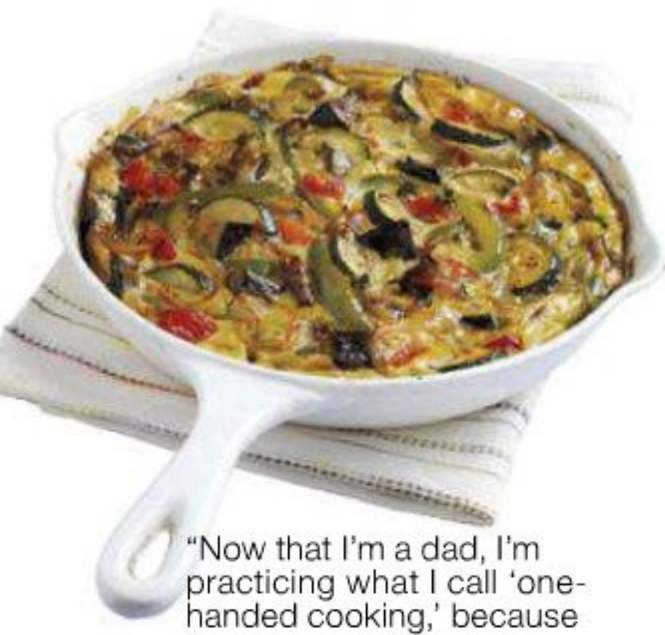
WHAT I KNOW ABOUT FOOD

Curtis Stone

With a new show on Bravo and a new baby at home, this Aussie chef has his hands full. But he made time to dish about cocktails, taco stands, and relaxed dinner parties.



Those eyes. That accent. The sexy skillet moves. *Yum!*



"Now that I'm a dad, I'm practicing what I call 'one-handed cooking,' because I've got something more important in my other arm. I'm whipping up lots of frittatas and omelets."

"My favorite summer cocktail is vodka with watermelon and mint. Just blend it up and serve over ice."

We all need to slow down. We were at dinner in Tuscany while filming my new show, *Around the World in 80 Plates*, and we felt like the service had been a bit slow. When we asked if other diners agreed, they said: "No. We came to enjoy the company." In America, we're so focused on convenience. Seeing people just enjoying eating was beautiful.

Chicken fingers? Not on my watch! In my travels, I also noticed that kids in Thailand like spicy food, and kids in India love curry. I'm hoping to introduce my son, Hudson [who's 6 months old], to lots of veggies and spices when he's young. I say that before he's started on solid foods, so it could be easier in theory than practice!

I grow my own vegetables and herbs. I like being able to tell people that the lunch I'm serving started out as a seed in my yard.

When people come over for dinner, I get them involved. I stock the bar with bottles, ice, mixers, and some cut-up fruit. Then I send guests straight there so they have a job and feel immediately comfortable. It creates a great environment.

Keep it simple in the kitchen. If you use quality ingredients, you don't need anything fancy to make food delicious: just a knife, a cutting board, and some good nonstick cookware, and you're set. [We're giving away Curtis's favorite pans! Go to redbookmag.com/curtisstone to enter.] —AS TOLD TO BRITTANY BURKE

"When we have family in town, I eat like I did when I was a kid. Things like pasties [savory pies] with roast beef."

"I love my late-night trips to a taco stand in East L.A. I eat them really, really hot—the hotter, the better."

4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

COFFEEMAKER

"I have a Breville in the kitchen and a Nespresso near my bedroom."

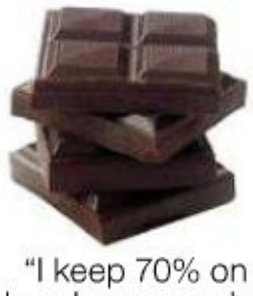
THE SEX PISTOLS

"They keep me moving when I'm cooking for a lot of people."

PLENTY OF GOOD CHEESES

"I always have a Parmesan or pecorino, a nice Brie, and a Gouda or old cheddar. I like to mix it up!"

DARK CHOCOLATE



"I keep 70% on hand as a snack."

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5 TRICKS TO... SMELL GORGEOUS
PAGE 60: DKNY Be Delicious **Eau de Parfum**, $80; dkny.com, macys.com. Demeter Baby Powder **fragrance**, $20; demeterfragrance.com. Lovely by Sarah Jessica Parker **eau de parfum**, $65; fine department stores nationwide. Prada Candy **Eau de Parfum**, $80; Bloomingdale's, Neiman Marcus, bloomingdales.com, neimanmarcus.com. Marc Jacobs Lola **eau de parfum**, $88; bloomingdales.com, macys.com. Burberry **Body Milk**, $50; Burberry boutiques, burberry.com, nordstrom .com. Yves Saint Laurent Parisienne **body lotion**, $40; yslbeautyus.com.

BEAUTY SHOPPER
PAGE 64: Sir Elton John's Woodside Garden by Nest Fragrances **Candle**, $38; Bergdorf Goodman, Neiman Marcus, shop.nestfragrances.com. Philosophy Clear Days Ahead Fast-Acting Acne **Spot Treatment**, $18; philosophy.com. Elizabeth Arden Pure Finish **Highlighter**, $34; department stores nationwide, elizabetharden.com. Hard Candy That's How Eye Roll **eye wand**, $8.99; walmart.com. Victoria's Secret Makeup Essential **Brush Kit**, $25; victoriassecret.com. Avon Care Spring **Hand Cream**, $2.50; avon.com. Top Shop Make Up **Lips**, $15; Topshop, topshop.com. Hair by Tippi Shorter **Glaze**, $13; hairbytippishorter.com.

BEAUTY NEWS
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GET SEXIER LEGS BY SUMMER!
PAGE 68: St. Tropez One Night Only Instant Glow **Lotion**, $18; sttropeztan.com.

2012'S MOST VALUABLE PRODUCTS
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PAGE 73: Chanel Illusion d'Ombre Long Wear Luminous **Eyeshadow**, $36; department and specialty stores, chanel.com. Josie Maran Argan Brightening **Bronzer** Sun Spot Corrector, $32; Sephora, josiemarancosmetics .com. Nars Pure Radiant **Tinted Moisturizer** SPF30/ PA+++, $42; barneys.com, narscosmetics.com. Clinique Repairwear Laser Focus All-Smooth **Makeup SPF 15**, $32.50; clinique.com.
PAGE 74: H2O+ Sea Moss Black Sand **Body Scrub**, $18.50; Ulta, h2oplus.com. Güd from Burt's Bees Natural **Body Lotion**, $7; gudhappens.com. Guerlain Shalimar Parfum Initial **eau de parfum**, $85; Macy's, Neiman Marcus, sephora.com. Chloé L'Eau de Chloé **eau de toilette**, $85; Dillard's, Macy's, dillards.com, macys.com. The Body Shop Almond **Hand & Nail Cream**, $18.50; The Body Shop, thebodyshop-usa.com. Güd from Burt's Bees Natural **Body Wash**, $7; gudhappens.com. Alba Botanica Very Emollient **Sunscreen** Sport Spray SPF 40, $10.99; albabotanica.com.
PAGE 76: PCA Skin Intensive Clarity **Treatment**, $106; 800-367-8185. Simple Smoothing Facial **Scrub**, $6.99; target.com, walgreens.com.
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WAKE UP AND LISTEN TO A DERM WHO HAD SKIN CANCER
PAGE 96: Supergoop! SPF 30 City **Sunscreen Serum**, $42; Barneys New York, Nordstrom, Sephora, barneys .com, nordstrom.com, sephora.com, supergoop.com. La Roche-Posay Anthelios 50 Tinted Mineral **sunscreen**, $32.95; select CVS/pharmacy, Ulta, and Walgreens locations, laroche-posay.us.

EXCHANGE RATE
PAGE 162: Brian Atwood **sandals**, $710; net-a-porter .com. First column, from top: GoJane **flats**, $15; gojane .com. Ciao Bella **flats**, $39; piperlime.com. Steve Madden **sandals**, $60; Steve Madden stores. Madeline **heels**, $49; musthaveshoes.com. Second column, from top: GoJane **heels**, $26.40; gojane.com. Steve Madden **loafers**, $70; Steve Madden stores. BC Footwear **slingbacks**, $60; endless.com. Sam Edelman **heels**, $130; zappos.com. Third column, from top: Bamboo **wedges**, $32, and Soda **wedges**, $21; lulus.com. Michael Michael Kors **flats**, $135; zappos.com. Michael Antonio **heels**, $59; piperlime.com.

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PAGE 176: Ali Ro **dress**, $395; ali-ro.com. Carol Marie **necklace**, $200; carolmariedesign.com.
PAGE 177: Vince Camuto **top**, $110; vincecamuto.com. Jane Basch black spinnel **necklace**, $68 and lapis **necklace**, $90; janebasch.com. Phillips Frankel charm **necklace**, $85 (chain), $955 (mother of pearl and diamond pendant) and $1,285 (large pendant); jamesfree .com. Keds Apparel **shorts**, $118; openingceremony.us.
PAGE 179: On Josie: Ulla Johnson **dress**, $325; p45.com. Kate Spade New York **necklace**, $98; katespade.com. Reiss **sandals**, $230; reissonline.com. On Rumi: Lands' End **tank**, $17; landsend.com.
PAGES 180: On Josie: Nieves Lavi **dress**, $300; Neiman Marcus, West Palm Beach, FL, 561-805-6150. Miriam Salat **bangle**, $495; miriamsalat.com. David Yurman gold and silver **bangle**, $795, and silver and diamond **bangles**, $1,100; davidyurman.com. On Rumi: 77kids **dress**, $44.50; ae.com.
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Turn the page for a closer look at these adorable upside-down cakes. Each recipe makes 12.

Pineapple

Prep time: 20 minutes
Cook time: 18 to 21 minutes

Topping

- 1/4 cup unsalted butter, plus more for greasing pans
- Granulated sugar, for dusting pans
- 3/4 cup packed light-brown sugar
- 1 (20-oz) can pineapple slices, drained, trimmed to fit bottoms of muffin tins *(There are 10 slices per can, so you'll need to piece together trimmings for the last two muffin cups)*
- 6 Maraschino cherries, halved

Cake batter

- 1 cup all-purpose flour
- 1/2 tsp *each* baking powder and baking soda
- 1/3 cup unsalted butter, softened
- 1/2 cup granulated sugar
- 2 large eggs
- 1/2 cup buttermilk plus 1 tsp vanilla extract, mixed

1. Place oven rack in lowest position and heat oven to 375°F. Using softened butter, grease two 6-cup nonstick muffin pans or one 12-cup pan (smaller pans will be easier to flip over later). Dust each cup with granulated sugar; tap out excess sugar.
2. **Topping:** Melt butter in a small saucepan. Add brown sugar and cook, stirring, over medium heat until sugar dissolves and mixture looks creamy and smooth, 2 to 3 minutes. Remove from heat and spoon mixture into bottoms of prepared muffin cups, about 1 Tbsp per cup.
3. Arrange trimmed pineapple slices on top of sugar mixture and place a cherry, cut side up, in the middle. Set aside.
4. **Cake batter:** Whisk flour, baking powder, and baking soda in a small bowl. In the large bowl of a stand mixer (or using a hand mixer), beat butter and sugar until creamy. Beat in eggs until combined. With mixer on low, alternately beat in flour mixture and buttermilk mixture until batter is thick and smooth. Fill muffin cups. Tap pans on counter to settle batter.
5. Bake 16 to 18 minutes or until a toothpick inserted in the center of a cake comes out clean. Let cakes cool in pans on a wire rack for 5 minutes. Invert a large plate or platter over the top of each muffin pan, and flip pan over to release cakes. Serve warm or at room temperature.

Blueberry-orange

Prep time: 10 minutes
Cook time: 18 to 21 minutes

1–2. Follow these steps from the first recipe.
3. Arrange **1 cup blueberries** in a single layer on top of sugar mixture in each cup. Set aside.
4. Follow this step from the first recipe, with these additions: Whisk **1/4 tsp ground cinnamon** into dry ingredients. Beat **1 tsp grated orange zest** into butter mixture.
5. Follow this step from the first recipe.
6. Top cakes with an additional **1/2 cup blueberries**, and dust **confectioners' sugar** on top.

Raspberry-rhubarb

Prep time: 15 minutes
Cook time: 18 to 21 minutes

1–2. Follow these steps from the first recipe.
3. Trim the ends from **2 stalks rhubarb (about 1/2 lb)**, then cut them into 1/4-inch-thick slices. Arrange overlapping rhubarb slices on top of sugar mixture and place **a fresh raspberry** in the center of each cup. Set aside.
4. Follow this step from the first recipe, with this addition: Whisk **1/4 tsp grated or ground nutmeg** into dry ingredients.
5. Follow this step from the first recipe.

—RECIPES BY FRANK P. MELODIA

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Turn for the recipes

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